



**Wash yourselves;  
make yourselves clean.**

*Isaiah 1:16*

**Tips for washing your hands:**

- Lather up with soap and water by rubbing your hands together.
- Rub the back of your hands up to your wrists.
- Scrub in between your fingers.
- Clean underneath your nails.
- Wash your hands for at least 20 seconds, saying the Lord's Prayer

**When should I wash my hands?**

- |                            |                              |
|----------------------------|------------------------------|
| Before preparing food      | When returning from being    |
| After handling garbage     | "out" and touching things    |
| After coughing or sneezing | like doorknobs and handrails |

**How to cough and sneeze correctly**

- Throw used tissues away immediately
- If you don't have a tissue, sneeze into your upper arm or shoulder
- Don't sneeze or cough directly into your hands



Information courtesy of  
the Centers for Disease  
Control and Prevention



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## Pass the peace, not germs

- Eliminate handshakes and hugs
- Consider gestures of peace:
  - model a peace sign
  - arms folded over heart
  - “holy wave”
  - hands-folded-in-prayer gesture
- Elbow bump or smile

## Coronavirus resources for your congregation

The **Synod of the Trinity** has created a webpage listing various resources for congregations as the coronavirus continues to spread. Find helpful links and expanded details on everything from best health practices to how your congregation can continue to stay connected and hold worship even if the doors are closed.

[SynTrinity.org/2020coronavirus](https://syntrinity.org/2020coronavirus)



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