

Greetings Kettering Baptist Church Family:

At this time, in our world and nation, we are experiencing a pandemic (COVID-19) according to the World Health Organization (WHO). As believers, in Jesus Christ, we know that the Bible addresses matters such as this throughout the scriptures. We, as believers, are advised to be prayerful (Philippians 4:6, 7) and exercise wisdom (Proverbs 2:6).

We, at Kettering Baptist Church, are continuing our day-to-day operations and will monitor and be in contact with local and state governmental health authorities to make determinations as there are more developments. We do encourage everyone to be familiar with the information and resources, below, as well as exercise preventive measures to minimize the spread of germs.

According to the Centers for Disease Control (CDC.gov), the symptoms that may appear within 2 – 14 days of exposure to the COVID-19 virus are: fever, cough, and shortness of breath. To help prevent the spread of the illness, they recommend that you:

- Wash your hands often, with soap and water for at least 20 seconds;
- Use hand sanitizer with at least 60% alcohol, if soap and water are not available;
- Avoid touching your eyes, nose, and mouth with unwashed hands;
- Avoid close contact with people who are sick;
- Maintain a distance between you and others, in your community, if they are sick;
- Stay at home, if you are sick, except to get medical care;
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow;
- Throw used tissues in the trash;
- Immediately wash your hands with soap and water for at least 20 seconds after you sneeze or cough; or use hand sanitizer with at least 60% alcohol, if soap and water are not available;
- Wear a face mask, if you are sick; if you are not sick, you do not need to wear a mask, unless you are caring for someone who is sick;
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks;
- Clean surfaces that are dirty: Use detergent or soap and water prior to disinfection (go to <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html> for the complete disinfection guide)

Based on the CDC findings, thus far, those at higher risk of developing serious COVID-19 illness are: Older people and people of all ages with severe underlying health conditions —such as heart disease, lung disease and diabetes.

We will continue to monitor the situation and provide updates, as needed. For we know that none of this is a surprise to our Almighty God. We have been called to walk by faith and not in fear, for God has already appointed and numbered our days and even now He is in full control!