



## MEMO

TO: All Priests, Deacons, Staff and Parishes  
FROM: Aurea Sadi, Communications  
DATE: March 12, 2020  
RE: Covid 19

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We are aware of the questions and concerns regarding the potential for Covid-19 (coronavirus) in Nova Scotia. We continue to monitor the situation and take our lead from Nova Scotia Public Health and the Public Health Agency of Canada. At this time, the risk to Canadians and Nova Scotians is still low.

In response to the concerns, we reiterate the flu precautions distributed in the Thursday Weekly Update (#090) on February 6. During this time, we ask all to be aware of your health and minimize your risk, and that of others, by taking the following precautions:

- If you haven't already, get your flu shot to protect yourself and those with whom you come into contact. (The flu shot is supplied free of charge and is available from physicians, family practice nurses, nurse practitioners, pharmacists and walk-in clinics.)
- Wash your hands frequently with soap and warm water for 20 to 30 seconds.
- Use hand sanitizer often.
- Cough or sneeze into your arm or a tissue.
- Wash your hands after using a tissue and dispose of the used tissue properly.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Avoid sharing drinking vessels and eating utensils.
- Stay home if you are sick or have symptoms of illness.

Liturgical precautions:

- Only offer Communion under one species, the Body, until further notice.
- Offer the sign of peace through a nodding of the head or a smile.

At this time, we add the following liturgical points:

- Please remove the holy water from holy water fonts.
- We are aware of concerns regarding Holy Week celebrations at the beginning of April. Any precautions that may be necessary will be determined closer to Holy Week, in response to any potential directives given by Nova Scotia Public Health and the Public Health Agency of Canada.

As the media attention regarding Covid- 19 continues to intensify, people may experience anxiety. This is normal and should not be dismissed or ignored. Please speak with parishioners about the precautions we are taking as a means to ease some of their concerns and worry.

Let us all pray for those who are suffering from Covid-19, those who care for them, and for the health and safety of all.