

Coronavirus Disease 2019 (COVID-19) Prevention Measures

February 26, 2020

Diocese of Chubu Nippon Sei Ko Kai/Anglican Church in Japan
Right Reverend Peter Ichiro Shibusawa
Standing Committee

✝ Peace of the Lord

There have been many cases reported of the Coronavirus Disease 2019 (COVID-19) in Japan with much information about the infectious disease, making some people feel nervous. We need to prevent ourselves from being transmitted and transmitting it to others. We give our condolences to those who have sadly passed away from this new Coronavirus Disease 2019 (COVID-19). Please remember and continue praying at each church and chapel.

<About COVID-19>

How does it spread ?

Transmission of COVID-19 is said to occur by ①inhaling droplets and ②contact.

① Infection by inhaling droplets: Infection by inhaling droplets occurs when an infected person coughs or sneezes. The virus within droplets is carried over a short distance and these droplets can be inhaled through mouths or noses of people around the infected person.

✖When and where to be aware of infection : Such places as indoors where there is insufficient distance(less than 2 meters) between people for a certain period of time.

② Infection by contact: Infection by contact occurs when an infected person covers coughs or sneezes with their hands and touches objects around them with these hands. The virus within droplets may stick on the surface and others can be infected by touching their mouths or noses after touching the surface that has the virus on it.

✖Possible channels of such transmission: hand straps of trains and buses, doorknobs, and switches.

How do we prevent it ?

① Wash hands and gargle

Wash your hands with soap and water frequently, or use alcohol-based hand sanitizer.

② “Cough etiquette”

When you have symptoms such as coughs and sneezes, please cover your mouth and nose properly.

“Cough etiquette” refers to the way you cover your mouth and nose with a tissue, handkerchief, or the end of a sleeve to avoid spreading germs to other people.

③ Avoiding “close contact with infected persons”

Avoid touching an infected person directly, meeting an infected person at a distance of around 2 meters (6 feet) or less. Therefore, being in such places as indoors where there is insufficient distance between people for a certain period of time, those people with chronic diseases should take extra precautions such as avoiding public transportation and crowded places in addition to daily precautionary measures.

Based on these,

<we ask for your understanding on below precautions during church services >

① **Wearing a facemask**

To prevent contracting viruses, facemask may be worn during services. Clergy people and those taking part in worship services may also wear facemasks.

② **Hand sanitizing**

Please place bottles of alcohol-based hand sanitizer at church and facility entrances.

* Many may be unable to purchase facemasks and alcohol-based hand sanitizers due to shortage, but hand washing with soap is also effective.

Before washing hands:
Shorten nails, take off watches and rings.



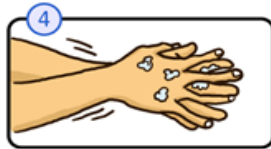
Water and Soap



Overlap hands and rub



Rub tips of your fingers



Rub between fingers



Focus on thumbs



Focus on wrists

(From the Ministry of Health, Labour and Welfare website)

Steps in washing your hands

1. Wet hands and apply soap.
2. Rub especially in between and tips of your fingers and arms. (about 30 sec.)
3. Rinse properly with water.(about 20 sec.)
4. Dry with a clean towel or tissue and dry.

Especially those handling the bread for the Eucharist, wash your hands thoroughly before the Holy Eucharist and apply alcohol-based hand sanitizer prior to use.

③ **Please refrain from attending services if you have the following symptoms or not feeling well.**

- If you have had cold symptoms or a fever of 37.5°C or over for more than four days. (same for those who need to take fever reducers)
- If you have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing).

④ **Please refrain from offering Holy Eucharist and Distribution of Communion if the clergy is not feeling well or has the fever. In such case, please consider the lay people holding services as “Liturgy of the Word.”**

⑤ **Please refrain from handshakes and hugs during The Peace of the Lord and keep it to a light bow.**

⑥ **Communion in only one kind (the bread) will be offered for the time being.**

Distribution of Communion similar to regular Communion will hold the chalice and say the words of Communion. Communicants should lightly touch the base of the chalice or cross their hands over

their chest, but do not sip from the chalice. For those not able to take in solid food due to illness, please make decisions accordingly.

⑦ **Please self-refrain or minimize the Agape feast after services to a minimal regarding for the time being.**

< If the lay or clergy is infected >

Please report immediately to either Bishop Ichiro Shibusawa, Standing Committee Chairperson Revd. Hirozumi Doi, or General Secretary Kenshi Morooka. We will keep watching the situation hereafter, and if there is a self-refrain request from the government, we will respond accordingly.