

March 14, 2020

From: Carol Jernigan, JPC Parish Nurse

I plan to have a table set up tomorrow for information and post info throughout the church.

For correct information, I have relied on:

- Centers for Disease Control at [cdc.org](https://www.cdc.org)
- World Health Organization at the www.who.int website
- Ballad Health 24/7 Hotline at 833-822-5523 (toll-free) to respond to questions regarding possible symptoms and available care
- Presbyterian Disaster Assistance at pda.pcusa.org

I know that as a parish nurse, conservative measures are reliable. Good hygiene to control infectious diseases are always important during the cold and flu season. Taking care of our more fragile friends and family requires extra measures that I feel makes us all feel safer, regardless of what we do or don't know about this particular pathogen.

I would encourage the congregation to:

1. Review these particular websites as mentioned above.
2. Check on one another by phone or computer
3. Provide support or assistance only if you are not sick or have been exposed
4. Refrain from spreading hearsay, gossip or unreliable internet posts that could lead to an outbreak of panic within our congregation or the community.
5. Stay in touch with the Church Staff (Allen, Carol, Monica, Cherry or Brooke) if there is anyone who you feel is not receiving the appropriate attention. Allen or I can follow up as necessary.

Carol Jernigan
Parish Nurse