

CAMPBELL CHURCH OF CHRIST – CORONAVIRUS UPDATE

Be Thoughtful, Be Careful, Be Calm

March 13, 2020

ALERT!!

In response to questions from many in the congregation, and in obedience to biblical guidance to respect civil authority in matters of social governance, the Elders of the Campbell Church of Christ have determined that, due to the pandemic COVID-19 outbreak in our community, WE WILL SUSPEND UNTIL FURTHER NOTICE SUNDAY MORNING ASSEMBLIES AND CLASSES BEGINNING THIS COMING SUNDAY, MARCH 15, 2020. This action is taken after careful consideration and prayer as to the best interests of our Church Family.

In place of our Sunday morning assembly at the church building, we are announcing our first Live Streaming online worship service beginning at 10:00 AM this Sunday. We encourage you to participate and potentially form small home groups to experience the online worship service together knowing that your extended church family will be watching at the same time. Visit our church web site at www.campbellchurch.org for instructions on how to participate in the worship service, to request prayers, or to give online. Each online worship service will be available on-demand after the initial broadcast. This week, you should prepare your own emblems to be used during communion.

Please see below additional information and guidance on our church's response to COVID-19.

ALERT!!

What We Know

The Corona Virus, or COVID-19, is an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has now been detected in more than 100 locations internationally, including in the United States. The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19").

Information and guidance on this disease is growing and changing rapidly. For instance, you may have heard that the disease is generally mild and near symptomless in 80% of those infected and that influenza is killing much higher numbers. While this is true, influenza is more readily stopped because many of the populace have some immunity to influenza. There is no apparent immunity to the Corona virus; so much higher numbers can be infected. Further, those with mild symptoms can readily infect those who are susceptible to severe responses; especially if symptoms are attributed to colds or other respiratory conditions. In addition, it was

recently reported by the National Institutes of Health (NIH) that the COVID-19 virus will remain viable in the air "up to 3 hours post aerosolization," while remaining alive on plastic and other surfaces for up to three days, making the transmission of the disease more difficult to contain.

COVID-19 is a new disease and **we are still learning how it spreads**, the severity of the illness it causes, and to what extent it may spread in our community. The virus is thought to spread primarily from person to person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

People are thought to be most contagious when they are most symptomatic (sickest), though it is thought to be possible that spread can take place before people show symptoms. It is also possible that COVID-19 can be spread by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

Steps to Prevent Illness

There is currently no vaccine to prevent COVID-19, **so the best way to prevent illness is to avoid being exposed to the virus.** Here are some simple steps to protect yourself and others:

- Clean your hands often, using soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them until dry. NOTE: the CDC indicates that hand sanitizers of 60-70% are more effective than sanitizers of 90%, due to better absorption in the cell.
- Avoid touching eyes, nose and mouth with unwashed hands. Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow to cover yourself when coughing or sneezing.
- Avoid close contact with people who are sick.
- As possible, put a distance of 6 feet or greater between yourself and others who are not part of your family and friends. This is especially important for those who are at higher risk of getting sick.
- Stay home if you are sick, and wear a face mask if you are sick, or around people who are sick.
- Clean and disinfect frequently touched surfaces daily. This includes tables, countertops, doorknobs, light switches, handles, desks, phones, keyboards, toilets, faucets and sinks. Options for disinfection solutions include household bleach (5 tablespoons bleach per gallon of water or Alcohol solutions of 70% or greater. For phones, the recommendation is using a 70% isopropyl alcohol wipe or Clorox Disinfecting wipes.

What To Do If You Are Sick

Follow these steps if you are sick with COVID-19 or suspect you are infected or been in contact with the virus to help prevent the disease from spreading:

- Stay home except to get medical care.
 - People with COVID-19 who are mildly ill should isolate at home during their illness.
 - Avoid public areas, including work, school and community gatherings such as church.
 - Avoid public transportation, including ride-sharing.
- Separate yourself from other people and animals/pets while at home. Although there are no reports of animals becoming sick with COVID-19, there is still much we don't know about this virus and how it is transmitted.
- If you are sick or showing signs of respiratory illness, call your doctor immediately and tell them you might have COVID-19. Calling ahead for help is the quickest and safest way to get help, and helps avoid overwhelming our medical services.
- Wear a facemask if you are sick. If you are caring for someone who has, or is suspected of possibly having COVID-19, you also should wear a facemask.

What about Church Attendance

The Campbell Church of Christ is committed to helping manage and slow down the spread of COVID-19. We are following the current guidelines provided by civil authorities: the Santa Clara Public Health Department has ordered the cancellation of mass gatherings of 1,000 people. The County Health Department, White House Task Force on COVID-19, and the California Department of Public Health (CDPH) recommend that gatherings of 250 people or more should be canceled. The CDPH further recommends that smaller gatherings that do not allow social distancing of six feet per person should be canceled

Here are the current plans for church participation. These will be updated and modified as new information or guidelines emerge:

- As stated above, **our Sunday Morning assemblies and classes are suspended until further notice.**
- **Small group activities such as Women's Bible Study, Home groups, MOPS and other such gatherings may continue as determined by the leaders of these small groups**, but we strongly encourage high risk individuals to consider not attending. A high-risk individual is someone over the age of 60 or people of all ages with severe underlying health conditions such as heart disease, lung disease and diabetes. Anyone who has a compromised immune system should also be considered at higher risk of developing serious COVID-19 illness.
- **In place of our Sunday morning assembly at the church building, we are announcing our first Live Streaming online worship service beginning at 10:00 AM this Sunday. We encourage you form small home groups to experience the online worship service together knowing that your extended church family will be watching at the same time.**

Visit our church web site at www.campbellchurch.org for instructions on how to participate. From the church home page, click on the link for 'this Sunday's service.' This will take you to a page with four links: 1) The Sunday morning online worship service 2) 'I Need Prayer' 3) Giving online 4) Prior Sunday online worship services available on-demand. You can also make your contribution by check by mailing it to 1075 West Campbell Avenue Campbell, CA 95008 Attn: Michael Davis. This week, you should prepare your own emblems to be used during communion.

- During this unprecedented situation, it is very important that we as a community continue to stay in contact with one another, to provide care, support and encouragement. To that end, the Elders and Staff are exploring additional ways to ensure we stay connected and in fellowship. **We will be sending out more information on this early next week.** While we do not know how this situation will play out, we do know that in difficult circumstances, the comfort and support of our Church Family will be both a blessing and a Light for ourselves, those we love, and the watching world.
- The Elders will continue our practice of weekly prayer for the needs of the congregation. Please see the church Website at WWW.CAMPBELLCHURCH.ORG
- Please remember that our obligations to employees, facilities and other costs will continue during this time, so **please remain faithful in your stewardship commitments to the church.**
- It is our desire that we be able to resume normal activities and practices at the earliest time safely possible. The Elders and staff will be monitoring developments and civil authority guidance and will inform and prepare the congregation for a return to normal activities as soon as we can.

Moving Forward Together

Our Guiding Principle during this unique time is: ***Be thoughtful, Be Careful, Be Calm.***

- **Be Thoughtful** – *“Do nothing out of selfish ambition, or vain conceit. Rather, in humility value others ahead of yourselves.”* *Philippians 2:3.* As we together walk through this challenging time, let us have a heightened awareness of the needs of others, in our families and our church. Let us in all ways, and at all times, especially as it relates to this disease and how we as a Church deal with it, personally and as a community, act in ways that put others first.
- **Be Careful** – *“Bear one another’s burdens and so fulfill the law of Christ.”* *Galatians 6:2.* It is almost certain that our Church Family will be touched in some way by this virus. Whether personally, or someone in our family, or someone in our church community, need will arise. Let us be vigilant toward our personal care, and even more vigilant to the needs of those who suffer during this time, whether that suffering is health-related, or

financially related because of the impact of this disease on our economy, or simply the cost of separation and isolation for the more vulnerable among us.

- **Be Calm – “The Lord is Near! Do not let be anxious about anything, but in everything, by prayer and supplication, with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.” Philippians 4:5-7.** There are two equal but opposite mistakes we can make: one is to ignore the seriousness of this illness and its implications for our society; the other is to allow fear to determine our reaction. This virus has not taken God by surprise, and He is more than capable of leading us through whatever arises from its presence in our lives. Therefore, let us with complete confidence persevere and make God proud. Let us calmly face whatever arises with the certain knowledge that our God will not abandon us, but rather that all things will work to our good, because we love Him and have been called to His purpose.

While this experience is unique for virtually all of our members, we have the distinct advantage of walking together as we go through it. Stay in touch with one another. Reach out to those who are less connected. Communicate through the Church website prayers, needs and opportunities for service. Double down on your daily devotionals. And Remember: GOD IS GOOD!