



## **One way to show our love for others is by taking care of one another...**

With Respiratory Illness Season now upon us, we would like to remind you that everyone plays a role in preventing the spread of COVID-19, influenza, and RSV. Respiratory illnesses can pose serious health concerns for some individuals.

TJC is taking steps to help reduce the risk of respiratory illness and is committed to providing a safe and healthy environment for you and your family.

### **Take care of yourself & others:**

- Remember that the best defense against respiratory illness is prevention: please wash & sanitize your hands frequently. And feel free to wear a mask if you wish.
- It is acceptable to refrain from shaking hands, hugging and close contact.
- Self-screen for signs and symptoms of respiratory illness. When you or a family member (*with whom you have had close contact*) are feeling ill, please remain at home and enjoy our online service.

### **The Journey Church will:**

- Maintain a clean environment.
- Support an open and safe place to voice your concerns or recommendations for improvement.
- Maintain hand sanitizer stations throughout the church.
- Continue to adapt and adjust our plan, based on what is happening in our communities, our church family, and Public Health.