



**PARRAMATTA  
CHRISTIAN CHURCH**  
A HOME IN THE CITY

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Dear Church Family,

I am writing in response to the current situation with the COVID-19 outbreak and the growing alarm and panic in our community. As an Eldership and Board, we want to be wise and diligent in caring for all the members in our community. With that in mind, we have prepared the following fact sheet that will provide you with relevant information and also outlines some precautions that we would encourage you to seriously consider as we continue to meet and fellowship together as God's people.

### **What is the Coronavirus?**

Coronavirus is a virus that can cause respiratory illnesses. Symptoms of the virus can range from mild illness to pneumonia. Affected people may experience:

- fever
- flu like symptoms such as coughing, sore throat and headaches; and
- difficulty breathing
- For more information on the Coronavirus, please see the following Fact Sheet.

### **When to act and what to do**

If any of the following applies to you, please follow the Australian Government advice of **staying at home, and/or seeking medical attention immediately**:

- if you are feeling unwell and may be suffering symptoms of Coronavirus; or
- if you have been in contact with someone who has or may have been in contact with someone who has Coronavirus; or
- you have travelled to an area affected by the Coronavirus (such as China, Iran, South Korea, and Italy).

We will also be taking the additional precautions starting this Sunday of minimising physical contact in greeting one another, providing sanitizer for us to use and also changing the way we distribute communion. We may make additional changes and recommendations as new information is made available by Australian health authorities.

We ask for your cooperation in the above as we seek to be loving and caring of each other as we deal with this situation.

Blessings,

Hilary Williams  
Senior Minister

# Coronavirus Fact Sheet

## The virus is most likely spread through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face

## At risk groups

- Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly
- From previous experience with other coronaviruses, the people at most risk of serious infection are:
  - o people with compromised immune systems, such as people with cancer
  - o elderly people
  - o Aboriginal and Torres Strait Islander people
  - o very young children and babies
  - o people with diagnosed chronic medical conditions

## Preventing the spread of the Coronavirus

The latest advice from the Australian Government about preventing the spread of the Coronavirus is:

- People who have been in contact with confirmed novel coronavirus cases must be isolated in their home for 14 days after exposure;
- Do not travel to China, Iran, South Korea or Italy and follow the travellers and visitors information for travel to Japan and Mongolia as these countries are also at higher risk;
- Returned travellers who have been in China or Iran must be isolated in their home for 14 days after leaving these countries, other than for seeking individual medical care;
- Practice good hygiene to protect against infections eg, washing hands with soap, use a tissue to cover your mouth when you cough or sneeze, avoid touching your eyes, nose and mouth, and avoid close contact with others, such as touching.
- Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

## Staying Informed about the Coronavirus

It is important that you stay up to date and informed of the facts relating to the Coronavirus. These can be done by checking the following websites:

- The Australian Department of Health's Coronavirus Alert page which is updated daily - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
- The Smart Traveller website for up to date travel alerts and warnings - <https://www.smarttraveller.gov.au/>
- The Australian Department of Health's Coronavirus information page which provides information about the virus - <https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>