

# Protect Yourself & Others

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*When COVID first hit us more than 2 years ago, we were asked, and sometimes mandated to follow the practises you see to the left. they are all good, but many of us could not wait for the bottom one. **IT** was going to solve all the problems related to this health challenge.*

*Now 2+ years later we have vaccines including up to 3 boosters, they help but the virus is still with us. Children are missing school, hospitals are still challenged to treat all the cases that are still severe enough to require medical attention. In addition to COVID, we are now into the annual FLU season and are encountering the RSV virus that is affecting children in particular. We are being told by our government that we need to use our discretion when "living with COVID."*

*A panel of MC Sask medical professionals has offered the following list of simple, common-sense and common-courtesy actions to help us navigate this season of increased illness and many indoor gatherings.*

- **Stay home if you have any symptoms of illness.**
- **Wear masks for church gatherings, especially while virus transmission is high in your area.**
- **Stay up to date with any vaccines available to you (including COVID boosters and Influenza vaccines).**
- **Reconsider large gatherings when transmission is high, especially if vulnerable people (for example, elderly, infants, and immunocompromised) are in attendance. (Here's a source to track virus levels in your area: <https://tinyurl.com/4kycukzx>)**

*By enacting these simple guidelines, our congregation can live out the kindness and care shown to us in the compassionate, healing love of Jesus. May that love flow through our congregation to bring God's healing and hope to all the world.*