

**M4C Healthy Practices Guidelines**

**Do the High Five:** **Suggestion from the World Health Organization and the C.D.C.**

1. **Wash your hands often and vigorously** (At least 20 seconds) and use non-contact forms of greeting.
2. **Cough or sneeze into the crook of your elbow** and disinfect commonly used areas like doorknobs, tables, desks, handrails, etc. regularly.
3. **Abstain from touching your face** (especially your eyes, mouth, and nose).
4. **Stay more than 3ft apart**.
5. **If you feel sick, please stay home for your safety and the public’s also**. Have the healthy people in the household/gathering/vicinity conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person

**Note from the Leadership**:

M4C exists to love and serve God’s Church, the community, and the governing authorities. This being said, we are ensuring sensitivity to the current epidemic at hand. We urge everyone to follow these guidelines as closely as you are able to. We value community as part of being God’s Church and are coming up with means to still have community in a safe environment. Please understand that none of the decisions made in response to COVID-19 were made out of fear, but rather out of respect and compassion. Respect for the leading authorities and their guidelines and compassion for anyone who is afraid for personal health and safety. Please consider the guidelines above not as an act of fear, but rather as an act of love for your neighbor.