

Guidelines due to the Coronavirus

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:4-7

Currently, the corona virus is a topic that is being discussed a lot. As a church collaborating with Pingst nationally, we follow common guidelines regarding these issues. We make a joint effort to prevent the spread of infection in the best possible way, especially among those in groups at most risk. Even if you are not part of a risk group, your contribution to prevent the spread of infection is important.

What are we doing as a church?

- For the time being, we greet each other without shaking hand.
- We have made sure that the cleaning of our facilities is done according to the increased need.
- We make sure that there is always the possibility of good hand hygiene in church and urge everyone that serve in various tasks to regularly wash their hands.
- All eating in church is paused until further notice (community, fika and food).
- All our visits to elderly homes are cancelled based on the guidelines from Bodens municipality.

We will continue to give information about how we will comply to the eventual further guidelines from authorities. **Sunday service and gatherings during the week will follow out as normal if nothing else is announced.**

Please help people close to you not to be ruled by fear. The Bible is clear that we do not have to live in fear. At the same time, we believe in acting with wisdom and not exposing ourselves or our neighbours with unnecessary risk or danger, therefore we call for caution.

Because we are a church that believes in prayer, we also urge you to pray for the spread of this virus to decrease and that no more should be infected.

We are looking forward to meeting you on Sunday. We have an exciting season ahead of us as a church and we believe God about great things!

MORE INFORMATION:

What can I do to prevent infection?

- Avoid touching your face or eyes and avoid close contact with ill people.
- Wash your hands often and carefully with soap and warm water, before eating, handling food and after visiting the toilet. Hand disinfection is a good alternative, when it is not possible to handwash.
- By coughing and sneezing in the bend of your arm or in a handkerchief, you prevent infection from spreading in your environment or and from contaminating your hands.

- Stay at home or keep your child at home from our meetings if you or your child have symptoms of illness to avoid infecting other people.

You can read more on Pingst's homepage (www.pingst.se).

We recommend that you take part of the information provided via secure sources and follow the instructions given by the authorities. On the Public Health Agency of Sweden's website (www.folkhalsomyndigheten.se) you can find more information, questions and answers, risk level and follow the spread.

Since we are a church that brings together many people, we would like to encourage everyone who has visited areas with extensive infection (e.g. Italy, China, Iran, Austria and South Korea) to stay home from church for two weeks after returning home, and pay attention to if you have symptoms such as cough, breathing difficulties or fever. We take this measure to show consideration for everyone in church.

If I get symptoms?

If you have symptoms similar to a common cold you should stay home. At the healthcare intelligence, www.1177.se, there is more detailed information should you notice any symptoms. We recommend you following their instructions. You can also call the public health authority on 113 13 if you have questions about the Corona virus. If you are ill, make a notification of illness and stay home from work. Close relatives should also be notified of symptoms of illness.