

Dear Church of the Rock Family,

As the Covid-19 (Corona) virus appears in our region, we are instituting safeguards at Church of the Rock to protect you and your families as well as our staff and volunteers. We, of course, do believe that "God Is In This" and we are not adopting a spirit of fear; rather we are making every effort to be good stewards of our health and resources.

The following are some of the safeguards that we are implementing starting the week of March 15th until further notice.

1. We are recommending that if you have a fever or a significant cough, that you stay at home and rest. Our Sunday Services are available for your viewing via our website the following Tuesday. Online giving is also available via our website at www.cotr-vt.org
2. Likewise, we are recommending that children with a fever not participate in children's church or nursery activities.
3. Our greeters will not hug or shake the hands of people arriving at Church of the Rock. Please no physical contact with others this includes hugs and shaking someone's hand. Infectious disease experts have indicated that Covid-19 can live for long periods of time on clothing and other surfaces.
4. Likewise, our altar ministry team will not lay hands on the people they are praying for.
5. We are making an extra effort to ensure that all surfaces are cleaned and disinfected on a daily/weekly basis, particularly the children's church and nursery areas.
6. Frequent hand-washing is our best defense against the spread of the virus. We encourage everyone to practice good hand hygiene.

These safeguards may be updated and/or modified in the days and weeks to come as we attempt to ensure that we are doing everything in our control to protect you as our church family. It is our hope that no one at Church of the Rock will become seriously ill and we will, of course, continue to pray for the health and safety of our entire church family.

For additional information regarding Covid-19 please refer to the links below:

How Does Coronavirus spread?: <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

What are the Symptoms? <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

How Can I Prevent Covid-19? <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

What to do if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>