

# Safety Guidelines

In light of the global spread of the novel Corona Virus (COVID 19) we want to make sure we remind everyone of the standard hygiene practices recommended by the Centers for Disease Control (CDC) along with a couple of items specific to our masajids.

**If you are feeling sick, have a fever, dry cough, body aches or sign of a Cold or Flu. Please pray at home and help us prevent further spread of respiratory viruses.**

**If you are feeling sick or coming down with any of the above symptoms, please do not shake hands or hug anyone. Offer a "fist bump". If you MUST. Please be responsible.**

**If you are sick and come to the masjid, you may want to bring your own rug with you and CDC recommended face-mask. You don't know who's going to make Sojood in the same place after you or who has before you.**

**CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- CDC **does not** recommend that people who are well should wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.