

20th March 2020

From the Church Board

7th Important Announcement about outbreak of Coronavirus (COVID-19)

A) As of 9am on 19 March 2020, the Government advises:

There are 3,269 positive cases of Covid-19 in the UK.

What to do if you have symptoms

- Stay at home for 7 days if you have either:
 - a high temperature
 - a new continuous cough

For most people, coronavirus (COVID-19) will be a mild illness.

This will help to protect others in your community while you are infectious.

- Do not go to a GP surgery, pharmacy or hospital.
- You do not need to contact NHS 111 to tell them you're staying at home.
- We will not be testing people who are self-isolating with mild symptoms.

On the 18th March, the Government said in their [COVID-19: stay at home guidance](#)

- if you or anyone in your household have symptoms of coronavirus illness (COVID-19) or display symptoms, however mild, stay at home for **7 days** from when your symptoms appeared. See [ending isolation](#) section for more information.
- If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill. See [explanatory diagram](#)
- If you can, move vulnerable individuals (elderly and those with underlying conditions) out of your home, to stay with friends or family for the duration of the home isolation period. If you can't do this, stay away from them as much as possible.
- do **not** go to a GP surgery, pharmacy or hospital.
- you do not need to contact 111 to tell them you're staying at home.
- testing for coronavirus is not needed if you're staying at home.
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online](#) coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.

Regarding social distancing, the government has published its latest guidance on social distancing in relation to COVID-19 to reduce the spread of the virus.

Groups who should follow social distancing measures include those:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition. Please click [latest guidance on social distancing](#) to read the list of conditions. Click to download other languages.
- those who are pregnant.

What is social distancing?

Social distancing measures are steps you can take which will help reduce the transmission of COVID-19. They are:

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1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible.
3. Work from home, where possible.
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs.
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
6. Use telephone or online services to contact your GP or other essential services.

The above government advice may change as situation develops/changes globally, for latest information and advice, please click <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

B) What is happening to our Church now?

Our Church Board has made a difficult decision to **suspend Sunday Services and activities** after its last Sunday service on the 15th March. We announced this last Sunday. The reason for suspension of Sunday services is not because of fear or lack of faith, but because we love our staff, our brothers and sisters and our neighbours and to curb the spread of the virus through close contacts. Our Church has rolled out its emergency plan.

- 1) **All Church centres are closed!** Our weekly Sunday services will still be held at the usual times on Sundays except the services will be streamed live via CCiL website (<http://www.ccil.org.uk>). Our online live services are available to anyone without the need to login at MyCCiL. Our online services will be available on our website for a whole week! **Please Do Not Come to Church! There are notices on the gates or doors!**
- 2) If you want to listen to past sermons on our archives, you will need to login to MyCCiL as these are for members only. The office has seen an encouraging high number of applications from our members and regular CCiL worshippers and we are processing these. Do apply at <http://www.ccil.org.uk>.
- 3) Large events have been cancelled or postponed.
- 4) Do visit church website regularly. Our Church Board or your local congregation will post latest news and notices on the website.
- 5) We do not want you to be alone during this difficult time of social distancing. Your pastoral staff and leaders will try to maintain contact with and care for you. Most of you belong to small groups. Do keep in touch with each other using whatever means available such as phones, emails and social medias. If you need help, please contact our pastoral staff, deacons or elders or if you don't know how to contact them, our Church email admin@ccil.org.uk will continue to be manned by our Admin staff. Any email to the office will be diverted appropriately to your local councils or pastoral staff.
- 6) Three days ago, our staff were notified that, a visitor to SOC on 7th March was a week later tested COVID-19 positive on returning home abroad. We do not know if the subject had contracted the virus before or after the visit. However, the subject did not have any symptoms at the time of visit to SOC. The staff and leaders immediately contacted brothers and sisters who are in close or possible contact with the visitor on 7th March, as well as the church attendees on record of last two Sundays. They are advised to quarantine as precaution and monitor their health. Given the subject had no symptoms and none of our brothers & sisters are suspected of infection so far (13 days after the visit), we & the medical professionals believe the chances of anyone catching the virus associated with this incident is very low. The quarantine ends on 21st March.

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Please join us in praying for our brothers & sisters to find peace in Christ and for good physical health to journey through this season.

7) During this testing time and in this season of Lent, let us turn our attention to God, reflecting on His goodness and repenting on our weakness, relying on His protection and resting on His prevailing peace, showing our care and sharing our love to one another.

C. Please continue to **follow Personal Hygiene:**

- clean your hands by washing with soap & water for 20 seconds frequently especially when you return from a public place and after using the toilets; use hands sanitiser if hands are not dirty
- carry tissues with you, cover your nose and mouth with tissues when sneezing or coughing. Then throw used tissues into waste bins
- avoid touching your eyes, nose and mouth
- avoid close contact with people with cold or flu-like symptoms
- NO handshakes
- clean and disinfect frequently touched objects and surfaces in the home.

D. Other ways you can help:

- Only travel on public transport if need to.
- Avoid social activities, such as going to pubs, restaurants, theatres and cinemas.
- Keep 2 metres away from vulnerable people you live with.
- Do you need to have visitors coming to your home? If not essential, can this wait until after COVID-19 outbreak is under control in our country. Some of you may be called to open your homes to someone in need.
- Just buy enough food for you and family, we don't have to hoard food and supplies.
- Let's pray and call on our Lord for His mercy!

Our Hope is in the Lord! *"You keep him in perfect peace whose mind is stayed on you, because he trusts in you"*
Isaiah 26:3

This notice is for your information only, if you would like further information please go to the website <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> and seek medical advice if you are concerned.