



Tabernacle Missionary Baptist Church

2080 WEST GRAND BOULEVARD
DETROIT, MICHIGAN 48208

Telephone: 313-898-3325

FAX: 313-898-7347

Nathan Johnson, D.D., Senior Pastor

March 6, 2020

To My Tabernacle Family,

Greetings! I requested our Health Ministry under the leadership of Sis. Voncile Brown-Miller to prepare an information document for us concerning the coronavirus - CONVID19. This information is given to encourage us to walk in faith and not in fear. I am sure that you will find this information helpful. Always remember that God has not given us the spirit of fear!

Shalom!

Pastor Nathan Johnson, D.D., Senior Pastor

From: Health Ministry

Dearest Tabernacle Members,

I know that many of you have been following the issue of the coronavirus CONVID19. We are people of God and there is no need to fear or panic however, you can prepare, and do our part to stay safe. Pastor Johnson understands your concerns and is addressing this situation pro-actively.

Here are some recommendations from CDC, Center of Disease Control

Prevention

- Washing hands with soap and water at least 20 seconds- the time it takes to sing happy birthday twice or using a hand sanitizer with alcohol.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home if you are sick
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes
- ❖ **No need for a face mask unless you are sick.**

Treatment

There is no treatment for the coronavirus- only treatment for symptom, fever, cough etc. If you think you have been exposed seek healthcare immediately.

Be assured that Tabernacle will do all in its power to keep our Church and congregants safe.

The Church will:

- Keeping entry door sanitized
- Maintaining soap in all restroom
- Hand sanitizer throughout the church
- Keep you informed

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

2Timothy 1:7 - For God hath not given us the spirit of fear; but of power and of love and of a sound mind. Amen

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.htm>, CDC

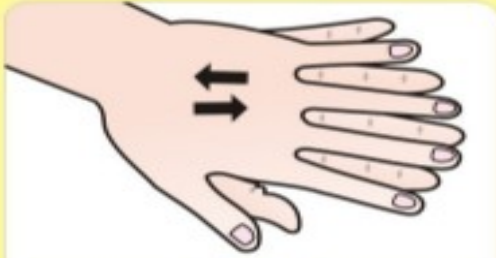
https://www.michigan.gov/mdhhs/0,5885,7-339-71550_5104_97675---,00.html Michigan Department Health and Human Services



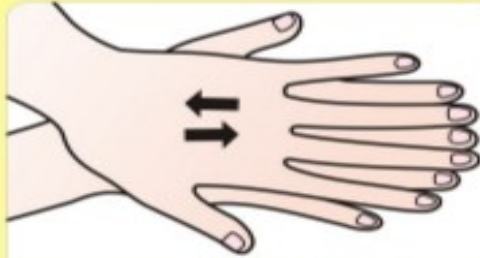
Washing hands with soap and water at least 20 seconds- the time it takes to sing happy birthday twice or using a hand sanitizer with alcohol.



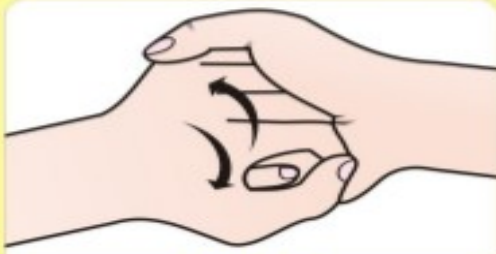
Washing hands with soap and water at least 20 seconds- the time it takes to sing happy birthday twice or pray the Lord's Prayer using a hand sanitizer with alcohol.



Step 1
Wash palms and fingers



Step 2
Wash back of hands



Step 3
Wash fingers and knuckles



Step 4
Wash thumbs



Step 5
Wash finger tips



Step 6
Wash wrists