



Peace United Church of Christ

343 FIRST STREET · P O BOX 433
KEWASKUM, WISCONSIN 53040-0433

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September 2020

The Tidings



From the Pastor's Study • September 2020

I'm not sure about the rest of you, but I keep noticing how the last couple of months have worn down my patience, stretched my tolerance, and just generally been exhausting. When I look at the world around me, it seems like many people are experiencing the same thing. It is very hard to be living through a time when so many things feel like they are challenging everything to which we are accustomed.

For years I have read the stories of the call of the disciples and Jesus' invitation to leave everything you know and come and follow him. In the past I have named my journey into ministry as a glimpse into answering that call. But the last many months have highlighted Jesus' challenge in extraordinary new ways. When the whole world is cast into uncertainty and grief and nobody has the answers for how this will proceed, it leads to a very different relationship with leaving behind what we know so that we might follow Jesus' way. That expression, "the way," is how Jesus' earliest disciples described themselves. They were not yet known as Christians, just followers of The Way. And the way of Jesus that we encounter in the Gospels is quite distinct from the ways of the world. It seems like every time that the disciples try to hold on to something, or control something, or to gain advantage for themselves, that Jesus challenges them and us with a different directive. Jesus was offering a *way of being* more than something to be attained.

I found myself thinking about this while I was away for a few weeks. I was reading an ancient Chinese epic novel (the abridged version) and remembering an experience that I had as a college student studying in Thailand. We were learning about Buddhism and spent a number of days in a Buddhist temple learning to meditate, to go around the town begging with the monks for their daily food, doing the simple work around the temple that was supposed to focus our minds and help us to let go of our attachments to desires – part of the heart of Buddhism. During this time, I had a conversation with one of the young monks who had been there for some time. He talked about how wonderful this new way was for him; how he was learning to let go of his attachments, to begin to extinguish the desires that led to attachment that led to loss that then led to suffering. In the midst of his description of learning to let go of his attachments, he began to talk about the power of meditation and how if you worked hard enough that you could attain all kinds of magical abilities. The more that he talked, the clearer it became that his great motivation for practicing religion was to gain cool new abilities. The novel that I was reading had Buddhists and Taoists constantly struggling with this same tension between the core of their faith and their very human desire to attain power or prestige, or to have fine extravagant religious articles around them. I started thinking about so much of our world and our journeys of faith.

While we were driving, we passed a couple of billboards that sounded like echoes of this conflict; there was one that said "Believe in Jesus Christ and you will gain eternal life", another just had chapter and verse of scripture that pointed you toward believing so that you will be saved. I was reminded of how often faith can be transformed into something that sounds transactional – if I do this then I will receive that. In so many ways this is the very opposite of the way that Jesus taught and the life that he led. A transactional faith seems to reinforce the ways of the world that are always asking "what's in it for me?" This contrasts with the ways of Jesus which keep pushing us beyond transactional thinking toward relational thinking. It is not about what do I get, it's about how am I to be, how am I to live, how am I to care for the other and God equally.

As I sat in the campgrounds a series of words kept popping through my head: Boomboxes, Billboards, Beer, Facemasks, and Faith. There was one campsite where the neighbor had a really old boombox sitting on the end of their picnic table. They had the speakers pointed away from them and toward us as they decided that we all wanted to spend the day listening to their country music station. It was not the experience that I had settled in to enjoy. But they seemed quite oblivious to the fact that their desires might impact those of their neighbors. Those Billboards seemed to sell a curiously similar self-focused way of life with their curious expression of a piety that seemed to be selling something

transactional rather than relational. I do not think that was their intent any more than the Monk of my youth was trying to suggest that his pursuit of Buddhism was about what he would gain, but that seemed like the way that faith was being marketed.

So, then the beer... Well, in another campground the neighbor had needed to walk through our site to get to the water spigot and in the process had asked about our plans. As we shared that we were hoping to do some hiking and exploring a few waterfalls, he eagerly offered some of his favorites. A few minutes later he appeared with a well dog-eared book that he offered to us for the day to look through to see if it would be helpful. There was nothing about his engagement that was imposing, just wanting to be helpful and neighborly. That morning, several of the people in the campsites around us politely offered a kind word, a thoughtful interaction. At the end of the day I told Laura that I would love to see if the tiny brewery in this tiny town had a decent IPA. As it turned out, they did not have any of their bottles left, so with some encouragement from my non-beer drinking wife I picked up a growler to take back to the campsite.. Now I had no idea how much beer comes in a growler... but I can tell you that my glass tasted pretty nice, but the part that tasted even better was asking all of the neighbors if they liked beer and sharing a glass full with a number of them before using the last of that jug on the fire. It was a simple reminder of the joy that God offers us when he points us away from the transactional and toward the relational. Our faith is not supposed to be about us and what we get from it. Instead, our faith is about a different way of being. We are called to leave behind the things that we cling to so that we can follow a new way of abundant love, a love that thinks about the neighbor alongside of God. That journey of letting go of our desires and our ways in favor of compassion has never been easy. All the religions of the world seem to focus on that transformative journey. Indeed, the prayer to believe in Jesus so that we might take hold of a life that really is life is fundamentally about getting out of our own way and focusing on the love with which Jesus would lead us. And yet every tradition also stumbles over our very human desire to be in control and to place ourselves at the center of the story.

One of the ironies of the way that we are created is that study after study shows that we receive more joy from doing something for someone else than we do by doing for ourselves. And yet most of us are bound to a culture that encourages living the opposite of that.

So, there was one more word that was running through that litany: facemasks. I don't like wearing facemasks. In fact, I can't think of anyone who likes wearing facemasks, or being told to wash their hands constantly, or social distance... but I do very much like doing anything that I can to try to help to keep my neighbor healthy and to do my part to help our world to get back to a little greater normalcy. And if that means leaving behind the normal that I have known in order to embrace a different way, then I am going to try to live that way rooted in the love to which Jesus calls us. Jesus calls to each of us to leave behind what we have known and follow him. What better time to ponder that invitation?

I pray that when we find ourselves grieving or frustrated, exhausted or focused on our own wants, that we might slow down and take a deep breath of kindness. Look around and see the wonder with which God continually surrounds us and then live The Way that is not our way or the world's way, but the way of God's love for all. God bless us,

Pastor Eric

Regathering

A group of us has been meeting to discuss how best to get us back to offering an in-person worship setting on a more regular basis. We will begin by worshipping in the park for the first three Sundays of September, and the first two Sundays of October. We will celebrate communion on the first Sunday of September and October.

Outdoor worship has the advantage of being the safest venue at this time, as well as not having the same limits that we would need to embrace within our sanctuary. We know that the seasons are changing again, and so we are working hard to plan for how we can begin re-gathering in our church building. I appreciated one of the leaders of the church reframing the language to say “we aren’t talking about re-opening church” because being church never stopped. And for most of us, preparing and leading worship never stopped. But our gathering has been profoundly altered. We are all hungry to be gathered with those for whom we care.

As we prepare for regathering in the sanctuary, we want to outline some of the steps that we will be taking to keep all of us as safe as possible. Most of these will sound very familiar by now – but we need to understand that worship for the foreseeable future will look quite different from what we are accustomed.

- **Face Masks will be required.** (we will be following guidelines from the CDC independent of the state of the Governors mandate at the time.) This is a way that we help to protect our neighbors. If you are unable or unwilling to wear a face mask, then we would ask that you continue to join us online. (we will have extra masks available if you happen to forget yours).
- Social Distancing will be required – we will have further direction on this in September.
- We will be following the capacity limits of our spaces as directed by the Washington Ozaukee Public Health Department. It is likely that we will work out a system for “making a reservation” for attending worship. This will allow us to track who is at church in case we need to do any contact tracing.
- Service times are likely to change to accommodate cleaning between services.
- There will be no congregational singing at this time, nor will there be any choral singing at this time.
- There will be no physical sign of peace or greetings coming and going at this time.
- There will be no fellowship time – and people will be asked not to linger to converse within the building.
- We will continue posting our worship services to YouTube and Facebook – our hope is that those will be live streaming by the time that we return.
- We will delight in seeing one another’s smiling eyes (we may need to encourage more nametags so that we recognize one another behind the mask).
- Sunday school will be held virtually through the end of October and a decision will be made the end of October on resuming live Sunday school the first Sunday in November. Please make sure to make arrangement to pick up your Sunday school packets from church if you have not already done so.
- Small groups (10 or fewer) will begin regathering at church following the same guidelines outlined above.

Our guide has consistently been that we need to follow Jesus’ command to “love our neighbor as ourselves.” As the pandemic continues it is obvious that we need to care for both the physical and the mental health of our community and trying to gather in person is an important part of this. That being a nurturing, loving, and safe environment physically and emotionally will only be possible if everyone is willing to do their part.

Please stay tuned and expect that details may continue to change at any time.

Worship in the Park

Sundays September 6, 13, and 20, and October 4, and 11 worship will be held at River Hill Park in Kewaskum. (1150 Parkview Dr.) There will be two services: 8:00 and 9:30 a.m.

Social Distancing Guidelines:

- Please conduct a self-check and stay home if you or a household member have symptoms of COVID-19 (Symptoms can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea).
- If you or a household member are at higher risk for severe illness you are strongly encouraged to stay home.
- Please wear a face covering or mask that covers BOTH your nose and mouth. After you are seated if you aren't speaking or singing you may remove your mask.
- Please maintain a 6 feet distance from people who are not a part of your household – even if you are wearing a face covering or mask.
- We ask that you refrain from singing, or only sing quietly from behind your mask. Singing is a higher-risk activity, as it more forcefully expels respiratory droplets than speaking.
- Please bring your own lawn chairs.
- Please bring your own hand sanitizer.

Changes due to weather or Health Department or Wider Church Guidelines will be posted on Peace Church's website <https://www.peace-ucc.org> or Peace Church's Facebook page.

Worship Schedule for Fall 2020

Worship Services will be held at River Hill Park on the following dates: September 6th, 13th, 20th and October 4th, 11th. September 27th will be held virtually. The Church building is closed with staff working remotely

We are recording services and posting them to our YouTube Channel at “Peace UCC Kewaskum” or you can find a link from our website: www.peace-ucc.org or through our Facebook page. We seek to post services by the times listed below:

Sunday, September 6 – 8:00 a.m. and 9:30 a.m. at River Hill Park

Fourteenth Sunday after Pentecost

Exodus 12:1-14 and Psalm 149 • Ezekiel 33:7-11 and Psalm 119:33-40 • Romans 13:8-14 • Matthew 18:15-20

Sunday, September 13 – 8:00 a.m. and 9:30 a.m. at River Hill Park

Fifteenth Sunday after Pentecost

Exodus 14:19-31 and Psalm 114 or Exodus 15:1b-11, 20-21 • Genesis 50:15-21 and Psalm 103:(1-7), 8-13 • Romans 14:1-12 • Matthew 18:21-35

Sunday, September 20 - 8:00 a.m. and 9:30 a.m. at River Hill Park

Sixteenth Sunday after Pentecost

Exodus 16:2-15 and Psalm 105:1-6, 37-45 • Jonah 3:10-4:11 and Psalm 145:1-8 • Philippians 1:21-30 • Matthew 20:1-16

Sunday, September 27 – Online premiering at 8:00 a.m.

Seventeenth Sunday after Pentecost

Exodus 17:1-7 and Psalm 78:1-4, 12-16 • Ezekiel 18:1-4, 25-32 and Psalm 25:1-9 • Philippians 2:1-13 • Matthew 21:23-32

Sunday, October 4 - 8:00 a.m. and 9:30 a.m. at River Hill Park

Eighteenth Sunday after Pentecost

Exodus 20:1-4, 7-9, 12-20 and Psalm 19 • Isaiah 5:1-7 and Psalm 80:7-15 • Philippians 3:4b-14 • Matthew 21:33-46

Sunday, October 11 - 8:00 a.m. and 9:30 a.m. at River Hill Park

Nineteenth Sunday after Pentecost

Exodus 32:1-14 and Psalm 106:1-6, 19-23 • Isaiah 25:1-9 and Psalm 23 • Philippians 4:1-9 • Matthew 22:1-14

Birthdays and Anniversaries

Happy Birthday! (Ages 1-18)

September 1 James Manthei
September 3 Charles Ogi
September 7 Emily Butzlaff
September 12 Nick Paul
September 13 Nina Evans, Parker Koch
September 14 Knox Gitter
September 18 Ellie O'Brien-Flasch
September 22 Samantha Mielke
September 23 Grace Loser
September 27 Jake Lemke

Birthdays (80 years plus)

Sept 5	Janet Kuehn (86)
Sept 8	Lynn Rusch (80)
Sept. 12	Marion Doms (91)
Sept. 16	Loran Butzlaff (81)
Sept. 22	Donna Schmidt (83)
Sept. 24	John Waskiewicz (92)

Anniversaries

September 1 Greg & Julaine Ogi (42)
September 2 Julia & Christopher Beasley (2), Heidi & Matthew Leithold (31),
Pamela & Venon Ludwig (25), Greg & Valerie Vorpahl (20)
September 4 Fred & Kathy Krieser (49), Erik & Theresa Rundquist (10)
September 5 Thomas & Michelle Ogi (10)
September 8 Eric & Shrestha (1)
September 11 William & Carol Butzlaff (55), Dennis & Cheryl Novotny (55)
September 13 Marilyn & David McIntosh (62)
September 21 Kevin & Janine Lemke (35), Roger & Kathy Mertz (46)
September 22 Bill & Lori Becker (14)
September 24 Herman & Nancy Panzer (65)
September 26 Bonnie & Scott Rindt (22)
September 29 Nicholas & Brittany Luther (8)

We hold in our prayers the family and friends of those who have entered eternal life:

Doris Fischer, who passed away on August 8, 2020 at the age of 100. Our prayers are with her sons, Gary and Thomas and their families.

We celebrate the marriage of:

Kaitlyn (Leithold) and Coltyn Sprinkman on July 25th at St. John's Evangelical Church, Kohlsville. We pray that they may have a lifetime of love and blessings before them.

Events and Activities

Tuesdays at 10 am. - Lectionary group. Each week we will study the scripture for the upcoming Sunday. If you are interested in joining this group, please contact the church office. Each week we will study the scripture for the upcoming Sunday.

Sunday School Update and Invitation

Peace Church has chosen a curriculum for this year's Sunday School that can be shared in person in a classroom, through an online platform, or in print. This way, students will not miss any of their lessons, regardless if we are together in one space, social distancing in classrooms, or enjoying Sunday School at home with our families. Virtual online classrooms have been set up through the month of October.

All Sunday School parents should have received an email regarding the pick-up of Sunday School materials at Peace Church. If you did not, please contact the church office at office@peace-ucc.org

When we return to face-to-face classroom learning, adults who are interested in teaching Sunday School on a regular, rotating, or occasional basis will have all materials provided! The only thing you need to add is your enthusiasm and love of children and youth! Team teaching is also welcome, so feel free to ask a friend to join you in this adventure! Peace Church is taking all precautions and safety concerns seriously as decisions are made, how and when to gather again.

Please consider offering your time and sharing your wisdom with our students. They represent the future of Peace Church, and it is our great blessing to prepare them for that leadership with a solid foundation in their faith journey. Please call, text or email Gayle Van Ess 262-339-0304 gayleve5@yahoo.com or any member of the Board of Christian Education with questions or to volunteer. Thank You!

The Peace Church Book Group meets the first Wednesday of the month beginning in September. Below is the book list and meeting dates.

Book Reading List for 2020 – 2021

The Peace Church Book Group will be meeting Wednesday, September 2, at 9:30 – 10:30 a.m. outside in a shaded area around Peace Church to discuss the "Mountains Beyond Mountains" by Tracy Kidder. This is a non-fiction story of Dr. Paul Farmer and how he works in underdeveloped countries (particularly Haiti, Peru, Cuba, and Russia) to provide lifesaving tools of modern medicine to those in need of them.

For more information, contact Lynn Rusch at lynnrusch@yahoo.com or by phone (262-306-4025).

<i>Month</i>	<i>Book</i>	<i>Author</i>
Sep 2	Mountains Beyond Mountains	Tracy Kidder
Oct 7	Thanks for Being Late	Tom Friedman
Nov 4	Disappearing Earth	Julia Phillips
Dec 2	The Girl From Venice	Martin Cruz Smith
Jan 6	The Lying Game	Ruth Ware
Feb 3	The Underground Railroad	Colson Whitehead
Mar 3	We Were the Lucky Ones	By Georgia Hunter
Apr 7	Educated	Tara Westover
May 5	Ask Again, Yes	Mary Beth Keane
Jun 2	Finding Chika	Mitch Albom

Cemetery Sexton Wanted: Peace Church has an opening for the Cemetery Sexton position. The sexton's duties consist of laying out and staking gravesites for opening of graves, reseeding graves after burials, supervising the placement of monuments on gravesites, and recording the location of the burials for the cemetery secretary's records. If interested, please inquire at office@peace-ucc.org

Youth Ministry Intern Position

PURPOSE

For the intern, this is an opportunity to gain practical ministry experience, to work in an atmosphere of personal and professional guidance and support, to test their gifts and call to vocational ministry, and to develop spiritually and theologically. For the church, the intern brings practical help and energy to the youth ministry, provides additional relational ministry to the youth of our congregation and provides a role model to the youth of this church.

ACCOUNTABLE TO

The youth intern will be accountable to the Pastor, Personnel Committee, Faith Formation Coordinator, and the Christian Education Committee (CE).

INTERNSHIP DESCRIPTION

- The overall objective is to present and show by example the gospel of Jesus Christ to young people and to encourage them in their growth through the study of scripture, prayer, service, and fellowship.

Specific activities may include:

- Plan and carry out activities with youth, including opportunities for urban outreach and ministry.
- Develop relationships with youth, parents and volunteer staff through individual and group contact, mail, e-mail, phone, social media and in the community.
- Meet regularly with both the Ministry and CE teams for planning, communication and evaluation.
- Assist the CE committee in planning and executing ministry programs. These may include Bible studies, youth groups, special events, retreats, urban projects and travel ministries.
- Lead youth meetings.
- Maintain personal, spiritual and professional growth.

QUALIFICATIONS

- Growing commitment to the Christian faith, the body of Christ, and God's work in the world.
- Ability to work effectively with youth, exhibiting creativity, understanding and patience.
- Ability to verbally articulate personal faith and a Christian world view.

TIME and TRAVEL COMMITMENT

The internship will require approximately 10 hours per week, which will be on a flexible schedule.

STIPEND

\$12-\$15 an hour

If you know of someone who would be interested in this position, please pass it on to them and have them contact the church office at office@peace-ucc.org.

Financial Reports

Financial Report July 2020

General Fund

Adjusted Beginning Balance as of June 30, 2020	\$ (46,829)
Receipts	17,374
Cemetery Transfer	0
Internal Transfer	0
Incr/Decr from Investments	0
Expenses	(\$22,927)
Ending Balance as of 7/31/2020	<u>(\$52,382)</u>

Benevolence Receipts

Kewaskum Food Pantry	140.00
Strengthen the Church	50.00
Total Benevolence Receipts	<u>190.00</u>

Consistory Meeting Minutes

**Peace United Church of Christ
Consistory Meeting Minutes
July 14, 2020**

Peace UCC Consistory Meeting – June 9, 2020 Virtual Meeting via ZOOM

Members present: Paul Behring, Kathy Charland, Steve Falk, Karen Kletti, John A. Lemke, John C. Lemke, Roger Mertz, Dave Roehrig, Ken Singer

Also present: Pastor Eric, Cathy Stern

- A. Call to Order: 6:38 p.m.
- B. Opening Prayer - Pastor Eric began the meeting with a prayer.
- C. Approval of Agenda - Motion to approve, Dave Roehrig, seconded by Paul Behring and carried.
- D. Approval of Minutes from April 14, 2020 meeting: Amendment to New Business: Kewaskum Food Pantry listed twice under Lenten benevolence recipients, should have been Full Shelf Food Pantry. Amendment to Pastor's report – conduction virtual worship through YouTube and Facebook. Motion to approve as amended, Roger Mertz, seconded by John C. Lemke and carried.
- E. Financial Report - Cathy Stern reported that General Fund Income met expenses for the month of May. Motion to accept financial report for May as presented and placed on file for audit by Steve Falk, seconded by Kathy Charland and carried.
- F. Pastor's Report – in his written report that was emailed to consistory members, Pastor Eric shared the joys and challenges of Worship in the Park on the first Sunday of June. Worship in the Park will continue on the first Sunday of July and August. Confirmation is scheduled for the first Sunday in August since the Pignic has been cancelled this year. The remaining services for the summer months will be recorded.
- G. President's Report –
A consistory member is needed to fill the vacant Vice-President position. A member of the congregation is needed to fill a vacant Trustee position.
- H. Mission Moment – Discontinued.
- I. Old Business
 - 1) A replacement for the position of Cemetery Sexton is needed beginning January 2021.
 - 2) Feedback from Sunday's worship in the park was mostly positive, the biggest difficulty being overcoming sound and video problems in recording the service. Social distancing was practiced, nearly everyone wore masks, making those attending feel reasonably safe.
 - 3) After some discussion, the consistory came to a consensus that the church buildings will remain closed to other groups until the church re-opens for

worship. The only exception is the Red Cross Blood Drive, after being assured that extra measures will be taken to keep the event safe. No votes were recorded for these decisions.

4) A reminder was given to all committee chairpeople that monthly reports can be submitted early via electronic format.

J. New Business –

- 1) A group of Masters level students from Lakeland University will be surveying church members as a service project for the benefit of the church. It is a professionally designed organizational study focusing on the topic of engagement and connection. All members are encouraged to participate.
- 2) Consistory was updated on the current electronic platforms that are being used to stay connected. All were encouraged to think about how that might look like in the future.
- 3) In gratitude for their participation in the virtual worship services, a gift of \$250 in cash will be given to Berit and Elsa Kirkegaard and Maelle Leopardo.

K. Committee Reports -

Trustees: Getting bids on patching asphalt in the parking lot due to a caved in catch basin from long ago.

Care & Connection (electronic report by Gayle Van Ess): Pastor Eric and Pastor Bob continue to reach out to members through phone calls and cards. Card ministries by many members are helping the isolated to feel connected. The weekly prayer chain continues to update members with concerns and celebrations.

Faith Formation: electronic report by Gayle Van Ess. Virtual lessons are continuing on YouTube, including Summer Sunday School. VBS will be virtual this year with the theme “Rocky Railroad”

Habitat for Humanity: Youth (16 and older) and adult combined will be working for Washington-Dodge County Habitat on a build in West Bend July 7 – 11.

Endowment Committee: met to review the policy rules and decided no changes to be made at this time.

Mission: Donations to Family Promise from Peace, Holy Trinity, and St. Michaels raised enough funds to house 3 families at AmericaInn the week of May 31 – June 6. Thank you to members who contributed so generously.

L. Lord’s Prayer

M. Adjournment: 8:58 p.m.

Coronavirus Disease (COVID-19) How to Protect Yourself & Others

From the Centers for Disease Control and Prevention (CDC) – July 31, 2020

Know how it spreads

- 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.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.

- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- **The mask is meant to protect other people in case you are infected.**
- **Everyone should wear a mask in public settings** and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
 - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.**

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.