The AME Church International Health Commission recommends the practice of “social distancing” during the coronavirus threat.

“Social Distancing,” means creating ways to increase distance between individuals in settings where people commonly come into close contact with one another.

Recommendations by the Center For Disease Control (CDC):

1. **Hand hygiene** - wash your hands with soap and water frequently and thoroughly for at least 20 seconds. Use hand rubs, gels, foams, or premoistened towelettes with 60%-95% alcohol.

2. **Cough etiquette**—cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough and/or sneeze into your upper sleeve, not into your hands. Properly dispose of used tissues.

3. **Clean frequently touched surfaces and objects**

4. **If you have symptoms, stay home** and designate a care provider to help and check on you.

5. **Keep up healthy habits** that will boost your immune system a. Keep immunizations current b. Eat healthy c. Exercise d. Rest e. Attempt to reduce stress 5) Follow the directives of your local public health departments and advisors.

The AME Church International Health Commission will hold a webinar Sunday 3/8 at 8pm. For more information go to www.amechealth.org

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Rev. Miriam J. Burnett, MD, MDiv, MPH
Medical Director, AME Church International Health Commission