

Advice for Parishes and Community Facilities

The key things for parishes to do are:

1. Ensure everyone maintains good hygiene especially at Mass and parish gatherings.

The best way of protecting us from spread is for everyone to use universal good hygiene, which will effectively disrupt spread of the virus. We should be doing this all the time for 'flu:

- Catch it - sneeze into a tissue
- Bin it - bin the tissue
- Kill it - wash your hands with soap and water
- Do not touch your face unless you've washed your hands

2. Ask anyone with cold or flu symptoms to refrain from taking communion from the Chalice and receive the host on the hand only. (We should be doing this anyway, every 'flu season.)

3. Ensure good regular cleaning of surfaces lots of people touch regularly.

4. Ensure you combat discrimination against Chinese people and others wrongly assumed to have or be spreading the virus.

5. Display the public information poster (See Further Materials below).

6. Consider asking everyone at large gatherings like Mass to sanitise their hands as they come in, especially communal meals.

7. Ensure Ministers of the Eucharist sanitise their hands before and after distributing communion (we should be doing this anyway as a matter of course.) This can be done by washing hands discreetly before proceeding to the sanctuary or using good quality hand gel discreetly.

Remember to use good hand washing and gel use technique. You can find more here: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/> and a poster here: <https://www.who.int/gpsc/5may/resources/posters/en/>

8. There is no need as things stand, for the Chalice to be withdrawn or the sign of peace suspended, such as was advised during the 2009 'flu pandemic. This advice would only come if we had a very serious epidemic in the UK and at the time of writing this is unlikely.