

Coronavirus (COVID -19) Update

This bulletin contains important information about Coronavirus (COVID-19), the precautions taken by the Russian Orthodox Church and the actions required of all our parishioners, visitors and employees.

Currently, there is a global outbreak of Coronavirus (COVID-19). Although most confirmed cases have been reported in mainland China, the number of countries affected by the infection is increasing daily.

The Australian Government Department of Health provides information daily on the latest medical advice and official reports. We carefully monitor these.

Today we know about Coronavirus:

-The incubation period for Coronavirus is 14 days, although there are some reports of a longer period.

-Symptoms include fever, cough, sore throat, headaches, shortness of breath, and other flu-like symptoms.

-Older people are especially susceptible to any infection, including Coronavirus.

To reduce the risk of contracting any infection, your cooperation is necessary, and each of us should understand our personal responsibility regarding the spread of the virus.

1. If you or a member of your family recently travelled to or through high or medium risk countries, you should monitor your health for 14 days and refrain from any contact with the Church community. (Today, high-risk countries include: mainland China, Iran, South Korea, Italy, Japan and Mongolia. Countries with a medium risk of infection: Cambodia, Hong Kong, Indonesia, Singapore and Thailand. For more information, visit www.health.gov.au)
2. If for any reason you feel sick, do not attend Church.
3. If you suspect you may have symptoms of Coronavirus or influenza, be sure to call your doctor. Refrain from visiting the hospital without first calling / consulting a doctor by phone.
4. If you feel unwell and have recently visited a fellow parishioner, or had contact with anyone else from the public, please keep them informed and notify them of any diagnosis.
5. Everyone should continue to use hygiene and other measures to combat the spread of infection:
6. Keep your hands clean, wash them often with soap and water, or use an alcohol-based disinfectant.
7. Try not to touch the mouth, nose or eyes with your hands (usually such touches are unconsciously performed by us on average 15 times per hour).
8. Carry disposable tissues with you and always cover your nose and mouth while coughing and sneezing, then discard. If not, sneeze into the elbow.
9. Try to carry disinfectant wipes or hand sanitiser for use after refuelling your car, after using an ATM, or touching other contaminated surfaces, like door handles.

10. Avoid close contact with people with symptoms of the common cold and flu.

11. If you feel unwell, avoid contact with other people (avoid hugs, handshakes, kisses.) If necessary, communicate at a distance of no closer than one meter.

For the latest recommendations, information, and resources, visit www.health.gov.au or call the National Coronavirus Health Information Line at 1800 020 080. It works 24 hours a day, seven days a week.

Since our Church includes vulnerable members of society, we are all obliged to take care of those who are under our care, as well as take all necessary measures to combat the spread of the virus.

We sincerely thank you for your understanding and cooperation!