

Hello, because the health and safety of every person who walks onto our main campus continues to be a top priority for the Highland Christian Center leadership. Our team has been carefully monitoring the evolving COVID-19 situation through the CDC, WHO, federal, state, and local health authorities and will continue to take proactive approaches to keep our community healthy and safe. Below are steps we believe will be helpful in this fight.

Steps to Prevent Illness

- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk for getting sick.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Stay home if, you have influenza/respiratory virus symptoms (e.g., fever, cough, trouble breathing).
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Practice social distancing of 6ft or more.
- There is an increased risk of more severe outcomes from COVID-19 for aged 65 and over, people with compromised immune systems, and people with underlying medical conditions.

What to do if you are sick or think you have the virus

- Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing, call your healthcare provider for medical advice.
- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or public areas.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.
- Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

Current Updates on the Coronavirus

Oregon: The Oregon Health Authority leads the state response: <https://www.oregon.gov/oha/Pages/index.aspx>

Washington: The Washington State Health Authority leads the state response: <https://www.hca.wa.gov/>

United States: The Center for Disease Control and Prevention leads the US response: <https://www.cdc.gov/>

Global: The World Health Organization leads the global response: <https://www.who.int/>

The Bible encourages us to lift up our eyes to the hills where our help comes from. We shall not fear during this crisis, but walk in faith with confidence in the Lord. Please pray for those affected by this virus, pray for the world, pray for our nation, pray for the church, and pray for our leaders. Prayer changes things and God hears our cry. Again, First Lady Madeline and I are grateful to God for you and the work that He is doing in your life. We will get through this together.

“Now faith is the substance of things hoped for, the evidence of things not seen.” Heb 11:1