

COVID-19: Pastoral Advisory to Members

The continuing spread of the COVID-19 virus across the world, our region and our country remind us to be ever vigilant, in prayer and practical measures.

To help check the spread of COVID-19 in our country and church community, the leadership of DUMC reminds congregants to observe the following:

1. If you have just returned from countries considered as COVID-19 hotspots¹, you should avoid public places and gatherings for 14 days from the date of your return.
2. If you have been in contact with someone being evaluated for or confirmed to have the COVID-19 infection or been to places/buildings known to have been exposed to COVID-19, you should isolate yourself at home if possible and monitor your condition closely for 14 days from the date of suspected exposure.
3. If you feel unwell with *fever, dry cough or sore throat and a shortness of breath*², *you are advised to see your local doctor*. In the interests of public health, you should stay home and avoid public gatherings. Please inform your cell leader immediately if this happens.
4. If you are a parent of young children, please note that our children's ministries will take every precaution necessary to protect your child's health. These precautions apply to the children as well as ministry volunteers.
5. If your child is showing signs of possible viral infection, please seek prompt medical attention and keep your child at home to rest and recover.
6. If you have a frail and elderly person in your charge, you are encouraged to keep them from public gatherings. If this is not possible, please take every necessary precaution.
7. At all times, good personal hygiene practices should be adhered to. Examples include washing your hands regularly with soap, sneezing or coughing into a tissue and throwing it into a trash bin immediately.
8. You should always avoid touching your eyes, nose, and mouth with an unwashed hand.
9. We encourage everyone to continue to acknowledge each other cheerfully, with greetings not limited to shaking hands. Some may prefer not to shake hands in the interests of personal hygiene.

We refer you to the Centre for Disease Control's page for helpful prevention measures in various contexts: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>.

We urge all DUMC members to remain calm and prayerful, to take sensible precautions, and to trust and distribute only official health announcements and information issued by the Ministry of Health. Please refer to [Portal Rasmi Kementerian Kesihatan Malaysia](#) for the latest updates.

On behalf of the leadership team,

Chris Kam
Senior Pastor
5th March 2020

¹ See such a list here: [Travelers from Countries with Widespread Sustained \(Ongoing\) Transmission Arriving in the United States](#)

² For symptoms, refer to US CDC [Symptoms of Coronavirus Disease 2019 \(COVID-19\)](#). UK NHS [Coronavirus \(COVID-19\)](#) WHO [Q&A on coronaviruses \(COVID-19\)](#)