



St. Anne Catholic Church

La Parroquia Católica de Sta. Ana

Message concerning the Covid-19 Virus

On Tuesday, March 10, 2020 Contra Costa Health Services came out with updated guidelines concerning the covid-19 virus.

In order to err on the side of caution I want to inform you of the guidelines that might impact you and your family. The guidelines state high risk people should avoid gatherings of 50 or more and consider the following high risk:

- If you are 50 years of age or older. The highest group at risk are those 80 years of age and older.
- Anyone with an underlying medical problem such as heart disease, diabetes, cancer, chronic lung diseases such as COPD as well as those who are immunocompromised.

I am asking you to continue to self-monitor and do not attend mass if you are ill. Bishop Barber has notified us that the obligation to attend mass for those over 60 and the ill is dispensed. It's important to continue the following healthy practices:

- Wash your hands with soap and water for at least 20 seconds.
- Cough or sneeze into a tissue or the crook of your elbow.
- Avoid touching your face, eyes, mouth or nose with unwashed hands.
- Bumps elbows or bow towards each other instead of shaking hands.
- Stay at least an arm's length away from others when in a large crowd.

Also, I have decided to suspend the cup for the congregation. Our Eucharistic Ministers will still receive from the cup and be in place for you to reverence the cup without holding it in your hands or drinking from it. A short bow towards the cup will show your reverence and thanks.

Again, I am erring on the side of caution, I'm sure most of us have heard it said "It is better to be safe than sorry" and in this situation I agree.

Also, I ask you to continue to pray for those who have lost their lives, are currently sick, their friends and family members, the health care professionals treating the sick and those working to find the cure. And for those whose jobs are affected by closures, cancellations, etc. due to the Covid-19 virus.

Peace,

Fr. Ron

Please click on the following link for the CCHS complete guidelines:

<https://cchealth.org/coronavirus/pdf/COVID-19-Interim-Guidance-for-Social-Distancing.pdf>

