
For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. [Jeremiah 29:11]

Important Information for Our Church Community on COVID-19

As part of the coordinated effort at The First Seventh Day Baptist Church to respond to COVID-19, it is important to establish that all programming decisions will be informed by biblical principles (Philippians 4:6-7; Genesis 41:35-36; 1 Corinthians 12:18, 20; 2 Timothy 1:7), the Ministry of Health (Ontario), Toronto Public Health, and information from surrounding regions and municipalities in the Greater Toronto Area.

What are we doing at Toronto SDB?

- Pastorate and the Board of Directors continue to meet regularly and review information coming from reputable sources including the Seventh Day Baptist Conference.
- Assembled ad hoc committee of healthcare workers (Response Team) to ensure that our practices are appropriate and in line with practices to mitigate the spread COVID-19.
- Providing information on the virus, how to protect one self and outlining church protocols

ALL COMMUNICATION WILL COME DIRECTLY FROM PASTOR OWEN LYNCH VIA THE CHURCH CLERK

Note – Ontario Ministry of Health

- Avoid all non-essential travel
- Suspend all large events and public gatherings of over 250 people
- Remain home when sick and avoid all contact with people who are sick

Ministry of Agriculture, Food and Rural Affairs states that grocery production and food supply chain will continue to provide Ontarians with the food we enjoy each and every day.

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to this virus. Prevention measures include:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use at least a 70% alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- 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
- Clean and disinfect frequently touched objects and surfaces

Contact **Telehealth Ontario** at 1-866-797-0000 if you are travelling, experiencing symptoms, or have questions or concerns about the Novel Corona virus COVID-19.

- Do not visit an assessment centre unless you have symptoms
- Do not call 911 unless it is an emergency

If you experience symptoms or a confirmed case, please notify Pastor Owen Lynch, Bro. Omari Rhoden or a member of our Response Team.



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