

Coronavirus (COVID-19) Guidance

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

At Bentley Baptist Church we want to keep all our members updated with the latest advice from the government and Public Health England. Moreover, we wanted to put in place some of our own guidelines that we think would be appropriate for our services over the coming months.

Update from BBC Leadership Team - Information

The leadership have met tonight (Tuesday 17th March) and as a result of Government advice, backed up by the Baptist Union and the Yorkshire Baptist Association the decision has been made to cancel all church meetings and services with immediate effect until further notice.

Please keep in touch through your Life Groups and on the Church Website (www.bbcdoncaster.co.uk) where you will find up to date information.

You can also make contact by e mail at admin@bbcdoncaster.co.uk.

Thank you for your understanding in these uncertain times. If you receive this message and know of someone who may not receive it, please contact them.

It's a challenging time but remember one of our favourite bible scriptures, *"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."* Romans 8:28. We might not always understand why some things are happening, but as Christians we know that our Lord and Saviour is in control.

Stay safe and God Bless.

Advice from Public Health England

Stay at home for 7 days if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

(If you live with other people, they should stay at home for 14 days from the day the first person got symptoms)

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

How to avoid catching and spreading coronavirus (social distancing)

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services
- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family