



# PACIFIC MOUNTAIN REGIONAL COUNCIL

OF THE UNITED CHURCH OF CANADA

4383 Rumble Street, Burnaby BC, V5J 2A2 Tel: 604-431-0434 or 1-800-934-0434 (within BC)  
on the ancestral and unceded territories of the hən̓q̓əmiñəŋ and Skwxwú7mesh speaking peoples  
PACIFICMOUNTAIN.CA

7 March 2020

Friends,

You may have seen on the news that the Coronavirus is finding its way into BC. You may be aware the Health Minister of BC has issued a statement with the federal health minister in which they make the following recommendation:

“There has been a notable transmission of COVID-19 at events, such as religious gatherings. As a result, we recommend social distancing and forgoing usual greetings. As an alternative, we recommend considering virtual online gatherings.

<https://news.gov.bc.ca/releases/2020HLTH0064-000413>

Each of you within your own communities will need to decide how you want to respond to this recommendation, but I make the following suggestions:

- Don't panic.
- Please practice good flu season hygiene which includes:
  - Wash your hands regularly with soap and water.
  - Avoid touching your eyes, nose or mouth, especially with unwashed hands.
  - Avoid close contact with those who are sick.
  - Cough and sneeze into your sleeve and not into your hands.
  - Stay home if you are sick to avoid spreading illness to others.
- Please stay home and get medical help if you are experiencing **ALL THREE** of the following symptoms of COVID- 19:
  - Fever, cough, difficulty breathing
- Consider changing protocols relating to communion and passing of the peace to limit contact.

Blessings to you all as we live into the uncertainty of what this means for all of us.

In gratitude for your service,

Trena Duncan  
Regional Executive Minister  
Chinook Winds and Pacific Mountain Regional Councils

Rev. Jay Olsen  
Pacific Mountain Regional Council President