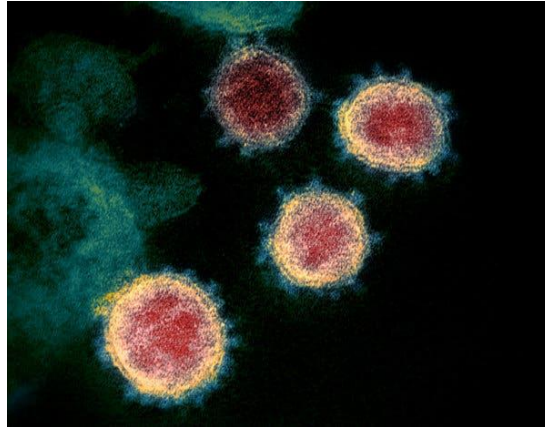


PROTECTING YOU & YOUR FAMILY FROM CORONAVIRUS AT HSNEF

Updated : March 6, 2020



The number of known coronavirus cases in the United States continues to grow. As of Friday, March 6th p.m., at least 300 people, including 4 in Florida, across 26 states have been diagnosed to be infected with 15 deaths so far. The Federal Health officials project the impact of this virus to worsen before it improves.

Safety of the devotees is of paramount importance to the HSNEF leadership, particularly considering that a place of congregation or gathering is known to pose higher risk of virus transmission from person to person.

To help prevent the spread of Corona virus & Influenza virus, which is peaking at this time, to the best extent possible, it is critical for BOTH the Temple & each devotee to observe necessary precautions.

In keeping with this objective, we have evolved this pamphlet, drawing from the recommendations of health authorities including the CDC,WHO & the Florida Dept of Health.

This virus is spread through mucous droplets released in the air by coughing and sneezing. All the surfaces where these droplets land are infectious for 1- 2 weeks. *The only way for the virus to infect you is for the droplets from an infected person's cough or sneeze getting onto or into your nose or mouth, or by you touching these surfaces and then touching your nose or mouth.*

It is important to emphasize that we need serious cooperation from all concerned in this effort to keep you & your family protected, to the best extent possible.

- 1) STAY CALM. DON'T PANIC. First & foremost don't let fear and emotion overwhelm you or drive your decisions. COVID-19, the disease caused by the novel coronavirus, is a respiratory disease, as is influenza, and while there's not a vaccine for it, there are tried-and-true ways to deal with this type of illness.
- 2) WE WILL NEED TO TEMPORARILY SUSPEND LARGE GATHERINGS IN THE TEMPLE FOR THE NEXT ONE MONTH: Given that large gatherings distinctly heighten the risk of viral transmission from person to person, in the interest of our congregation's health- safety, especially the seniors and those with health issues (e.g. high BP, Diabetes, Heart issues), we will be suspending events with large gatherings

for the next one month. We will then review the existing situation and return to our normal schedule as soon as the conditions permit.

Also, for the next one month, in the interest of promoting hygiene and preventing cross-contamination & transmission, we will continue distribution of dry prasad but discontinue distribution of Charanamrut.

Please be on a lookout for further details via email. Also, will update you frequently.

- 3) DARSHAN, ARCHANA & ARATI WILL CONTINUE WITHOUT ANY CHANGE BOTH ON WEEKDAYS & WEEKENDS.
- 4) PLEASE DO NOT VISIT THE TEMPLE *IF*:
 - a) You or anyone in your family has any respiratory complaints (cold, sore-throat, cough, shortness of breath) or fever DO NOT come to the temple & seek of your physician, instead. Please note that starting today per CDC report all that is necessary to get tested for Covid19 (infection by Novel Coronavirus causing the current pandemic), is approval by your physician. Though the testing kits are not yet readily available everywhere, it is expected that they would soon be.
 - b) You are exposed to anyone at work or home with suspected or diagnosed Covid19 please Do NOT come to the Temple for at least 14 days, even if you have no symptoms.
- 5) NO HANDSHAKING! Resort to our traditional NAMASTE. Or, use an elbow bump.
- 6) DOORS:
 - a) Main Door to the Temple & door to the ladies' washroom: Open it using a paper towel that we will make available. Then discard the towel in the waste-basket inside the lobby or outside the washroom.
 - b) The doors to the worship hall, multipurpose hall, office, library & gent's washroom will be kept open during temple hours to reduce direct contact with knobs & handles.
 - c) If you need to open a closed door, open it by pushing with your elbow or hip. Do not grasp the handle with your hand. The Society will make available paper towels for doors which are used frequently but need to stay closed. Please discard the paper towel immediately after use.
- 7) WASHROOM FAUCETS & TOILET FLUSH HANDLES: Our washroom faucets & toilet flush tanks have handles. Do not grasp these with your hand. Use your elbow to operate them or grasp them using a paper towel & discard it immediately after use.
- 8) LIGHT SWITCHES: Use ONLY your knuckle to touch/operate light switches.
- 9) COUGING & SNEEZNG:
 - a) CARRY DISPOSABLE TISSUE. If you have to cough or sneeze, please do so in a disposable tissue and then DISCARD & WASH YOUR HANDS WITH SOAP. Only if handwashing is not possible use hand sanitizer.

b) Handkerchiefs are INEFFECTIVE in preventing transmission of virus because the virus only builds up on the handkerchief and on the hands, which are spread to all surfaces that are then touched.

c) If you do not have a disposable tissue: sneeze or cough in your shirt/top sleeve near the elbow or the upper arm to prevent the mucous droplets from spreading in the air. But please know that this virus is known to survive on surfaces, including clothes, for up to 14 days. So, washing of clothes in hot water would be necessary.

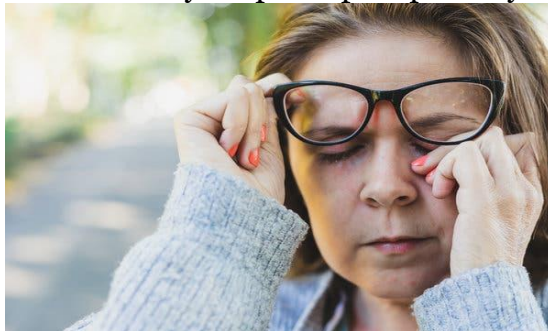
10) **DISCARDING USED TISSUE:** Adequate number of Waste Paper Baskets will be provided throughout the premises. Please do not leave used tissue anywhere else.

11) **KEEP YOUR DISTANCE:** We hope that devotees with respiratory symptoms will avoid coming to the Temple. However, if you find someone close to you sneezing or coughing, go ahead, move away! No need for an apology. Try to keep a 6 feet distance, if not, at least 3 feet. If you are in a tight spot, turn away so that your back faces this person.

12) **DO NOT LINGER:** Given that the risk of transmission directly relates to how close you are & how long you have been to the infected person, we highly recommend that, as a precaution, any socialization & lingering in the temple premises be limited.

13) **WIPING FREQUENTLY TOUCHED SURFACES:** The Temple will arrange to wipe touched flat surfaces, handles, knobs, faucets with surface disinfectant several times each day. We recommend that you practice this at home as well. Don't forget to clean your TV remote & of course...the smart phone often!

14) **STOP TOUCHING YOUR FACE!** We touch our eyes, noses and mouths all day long without realizing it! It's also the way we pick up respiratory infections like COVID19.



As long as you wash your hands before touching your face you should be okay!

15) **HAND WASHING: THIS IS THE MOST EFFECTIVE TECHNIQUE TO PREVENT VIRUS SPREAD & INFECTION.** Wash your hands frequently with soap and water for at least 20 seconds (20 seconds is singing Happy Birthday twice!), especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing , changing diaper, touching an animal, handling garbage, before you touch your eyes, nose or mouth, and whenever you return home from ANY activity that involves locations where other people have been.

Handwashing with soap is much more effective than using hand sanitizer. However, if it is not possible to wash hands use a greater than 60% alcohol-based hand sanitizer. The Temple will stock ample liquid soap & paper towels in both the washrooms. If you

find they need to be replenished please bring this to the attention of the office staff.
Please See Below Details of The Correct Technique of Hand-Washing & Hand-Sanitizer Use.

16) **HAND-SANITIZERS:** The Temple is not able to procure any hand-sanitizers at this time. Therefore, we strongly recommend that you carry your own supply, wipes or gel (*more than 60% alcohol*), if you have for your & your family's use for personal hygiene.

17) **FACE MASKS:** If you're not sick, you don't need them. If you are infected, yes, then wear them to keep the virus from spreading. **BUT MORE IMPORTANTLY, IF YOU ARE SICK YOU SHOULD STAY AT HOME & SEE YOUR DOCTOR AND NOT VISIT THE TEMPLE.** Note that specialized masks (N95) are more effective but expensive & difficult to use without proper fitting & training.

18) **GLOVES:** They get contaminated just like our hands. There is no need for them if you're washing your hands properly and often.

19) Do get a Flu shot if you haven't had one already.

When and How to Wash Your Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:



Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry the
6. **Use Hand Sanitizer When You Can't Use Soap and Water**

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.