**COVID-19 RESOURCES**

*To access a link in this document, copy and paste the link into your browser.*

**Basic protective measures against the new coronavirus**

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

**Advice for Public**

Maintain social distancing. Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**Leadership Tools**

To support your leadership and your efforts, the Partnership Center created the **[COVID-19 Recommended Preventive Practices and FAQs for Faith-based and Community Leaders](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.connect.hhs.gov%2F%3Fqs%3D5e96ca89e9e8afd99e0026e921680fec34e1392e39e2b4e5c0d3bb30d349a0afed4c31b9add812cb7d63dcfafaab25dbdf9c5f7274229967&data=02%7C01%7CHannah.Hardy%40AlleghenyCounty.US%7Ccf611d0a64364b3a785c08d7d1839b78%7Ce0273d12e4cb4eb19f708bba16fb968d%7C0%7C0%7C637208235491543988&sdata=SKwQA1xqgwuswDgTE2dIRBIfLm47ZRUDpaHQHwV%2F%2Fqc%3D&reserved=0" \t "_blank)** — which is available at <https://www.hhs.gov/about/agencies/iea/partnerships/index.html>

In it you’ll see:

* **[Coronavirus Guidelines for America](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.connect.hhs.gov%2F%3Fqs%3D5e96ca89e9e8afd920db3a951ff8ddc5220e0263d282fbb0dea14f698eb2c91713ffd3d58106f40e9330d52c0bf8f8f7a424a78131365b4c&data=02%7C01%7CHannah.Hardy%40AlleghenyCounty.US%7Ccf611d0a64364b3a785c08d7d1839b78%7Ce0273d12e4cb4eb19f708bba16fb968d%7C0%7C0%7C637208235491553976&sdata=EMe5WnZ%2FkzAlU9xpVVuLvbeVGtffZo6tJOf38b%2B1NJ0%3D&reserved=0" \t "_blank) for slowing the spread of the virus includes the request to avoid social gatherings of 10 people or more.**
* **For updates on COVID-19, refer to the Centers for Disease Control and Prevention’s (CDC’s) [dedicated website](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.connect.hhs.gov%2F%3Fqs%3D5e96ca89e9e8afd9caf3272742e63b81d7c10e8a065da96958ad2a11dc9246c436ac523b03f24c72f9f75d9c3a848b5cd92572c955f42969&data=02%7C01%7CHannah.Hardy%40AlleghenyCounty.US%7Ccf611d0a64364b3a785c08d7d1839b78%7Ce0273d12e4cb4eb19f708bba16fb968d%7C0%7C0%7C637208235491563975&sdata=92xjP%2B4hHNTZm7WTxv2YflDU%2BamkdErJsoUJojF%2BGtI%3D&reserved=0" \t "_blank) (which are also available in Spanish).**
* **For information and recommendations on LOCAL community actions designed to limit exposure to COVID-19, check with your [state and local public health authorities](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.connect.hhs.gov%2F%3Fqs%3D5e96ca89e9e8afd917ffee0b11938c1990359396d0004525e96fb650840338a1bb9486f2a6974341a3eca0b3190f70517ab4b97f2874a8a9&data=02%7C01%7CHannah.Hardy%40AlleghenyCounty.US%7Ccf611d0a64364b3a785c08d7d1839b78%7Ce0273d12e4cb4eb19f708bba16fb968d%7C0%7C0%7C637208235491563975&sdata=qItZdXOQRhiVI9MfL2TI1qxlcJMaqbP3u9hKkZc%2F1uc%3D&reserved=0" \t "_blank).**
* **For specific guidance and instruction relative to your community’s tradition and practices, please refer to your national and regional denominations**.

**Live Well Allegheny Community Partners**

I hope that you are doing well. We are grateful that organizations and individuals, such as yourselves, are so committed and dedicated to the health and wellness of the residents that we all serve.  As we all navigate through the impact of the current situation, here are some resources that may be useful to you and/or in case you want to share with others.

Following are two links that are particularly useful:

The PA Department of Health has a lot of shareable graphic images available at this link: [https://www.health.pa.gov/topics/disease/coronavirus/Pages/Social-Media.aspx](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.health.pa.gov%2Ftopics%2Fdisease%2Fcoronavirus%2FPages%2FSocial-Media.aspx&data=02%7C01%7C%7C5e4da56ab3be4c2173cf08d7d6453479%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637213465076560275&sdata=bvwB2mrIwMG%2B1ymNDviSzDac7F3x1K8L3ggDDw7FUhs%3D&reserved=0" \t "_blank)

We are seeing an unprecedented demand for access to food. This is a map put together by the Allegheny County Department of Human Services with locations for free food distribution: [https://alcogis.maps.arcgis.com/apps/MapSeries/index.html?appid=abaca148492b47a7ad0d5a71f5d2c5e8&fbclid=IwAR23Ue9f5PAKN\_2mCRAklzTasfFJ3oBDRfkLEnpWUPCzjTouOJve0oq8LwA](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Falcogis.maps.arcgis.com%2Fapps%2FMapSeries%2Findex.html%3Fappid%3Dabaca148492b47a7ad0d5a71f5d2c5e8%26fbclid%3DIwAR23Ue9f5PAKN_2mCRAklzTasfFJ3oBDRfkLEnpWUPCzjTouOJve0oq8LwA&data=02%7C01%7C%7C5e4da56ab3be4c2173cf08d7d6453479%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637213465076570280&sdata=%2FSINx%2BAGVl7PR9lc5ZrZhUlGQNrZLaXCl%2Bu%2BXRvvFis%3D&reserved=0" \t "_blank)

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| **Faith-based and Community Leaders**  In times of crisis, such as our current **COVID-19 pandemic**, people will turn to church and community leaders for help.    Faith-based and community leaders are in a unique position to address potential concerns, fears, and anxieties regarding COVID-19. Additionally, by reemphasizing **simple hygienic precautions and practices**, these leaders can widely promote essential information, manage fear and stigma, and restore a sense of calm into the lives of those they encounter.    Download a**Step-by-Step, Research-Informed and Faith-Based Planning Manual** on how to prepare your church for Coronavirus (COVID-19). |

* [https://www.balmingilead.org/resources/?et\_fb=1&PageSpeed=off](https://www.balmingilead.org/resources/?et_fb=1&PageSpeed=off" \t "_blank)
* [https://www.balmingilead.org/wp-content/uploads/2020/03/Preparing-Your-Church-for-Coronavirus.pdf](https://www.balmingilead.org/wp-content/uploads/2020/03/Preparing-Your-Church-for-Coronavirus.pdf" \t "_blank)
* [https://www.balmingilead.org/wp-content/uploads/2020/03/community-mitigation-strategy.pdf](https://www.balmingilead.org/wp-content/uploads/2020/03/community-mitigation-strategy.pdf" \t "_blank)
* [https://www.balmingilead.org/wp-content/uploads/2020/03/share-facts-h.pdf](https://www.balmingilead.org/wp-content/uploads/2020/03/share-facts-h.pdf" \t "_blank)
* [https://www.hhs.gov/sites/default/files/3-27-2020-faith-and-community-based-covid-19-faq.pdf](https://www.hhs.gov/sites/default/files/3-27-2020-faith-and-community-based-covid-19-faq.pdf" \t "_blank)

**[COVID-19: Recommended Preventative Practices and FAQs for Faith-based and Community Leaders](https://www.hhs.gov/sites/default/files/3-27-2020-faith-and-community-based-covid-19-faq.pdf" \t "_blank)**

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[www.hhs.gov](http://www.hhs.gov/" \t "_blank)

[https://www.heart.org/en/about-us/coronavirus-covid-19-resources](https://www.heart.org/en/about-us/coronavirus-covid-19-resources" \t "_blank)

**[Coronavirus (COVID-19) Resources | American Heart Association](https://www.heart.org/en/about-us/coronavirus-covid-19-resources" \t "_blank)**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person, which has affected people in many countries.

[www.heart.org](http://www.heart.org/" \t "_blank)

[https://docs.google.com/document/d/1oL6ju8kEQd\_cWltkufZvVq1tMGetsY92ZVDzlwPa35I/mobilebasic](https://docs.google.com/document/d/1oL6ju8kEQd_cWltkufZvVq1tMGetsY92ZVDzlwPa35I/mobilebasic" \t "_blank)