



PRECAUTIONARY MEASURES FOR THE FLU AND COVID-19

LITURGICAL ADAPTATIONS:

In addition to normal preventive measures mentioned below, the following directives, until further notice, will be utilized in the liturgical celebrations in the Diocese of Victoria. Depending on the development of this current situation, additional precautions may have to be taken. Please check the diocesan website (www.victoriadiocese.org), and your parish bulletins, for updates.

It is imperative that everyone heed these directives and diligently observe these liturgical adaptations IMMEDIATELY and until further notice:

- Out of an abundance of caution, **those who are ill should remain at home**. Even under ordinary circumstances, persons who are ill are under no obligation to be present for Mass on Sundays and Holy Days of Obligation. Minimize the risk of exposing others to illness.
- The exchange of the Sign of Peace during Mass will be discontinued, as well as holding hands during the praying of the Our Father, where this remains a customary practice.
- The distribution of the Precious Blood will be discontinued. It is the teaching of the Church that Christ is fully present—Body, Blood, Soul and Divinity—in the form of the Sacred Host. Those who cannot receive the Eucharistic bread, due to gluten intolerance or allergy, should consult their pastor.
- If choosing to receive on the tongue, extend the tongue sufficiently, preventing the minister from having to touch the tongue.
- When possible, avoid handshakes when greeting others at Mass. There are other ways to extend greetings without physical contact.

GENERAL PREVENTIVE MEASURES:

The Centers for Disease Control and Prevention (CDC) recommends everyday preventive actions, especially to help prevent the spread of the coronavirus, but also other respiratory and contagious diseases:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue or cough/sneeze into your elbow sleeve.
- Clean and disinfect frequently touched objects and surfaces, using a regular household cleaning spray or disinfecting disposable wipe.
- Frequently wash your hands thoroughly with soap and warm water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer

with at least 60% alcohol. Always wash hands with warm soap and water, if hands are visibly dirty.

- The CDC does not recommend that people who are well wear a facemask to protect themselves from the disease. Facemasks should be used by people who show symptoms of COVID-19, to help prevent the spread of the disease to others.
- For information and daily updates, go to the CDC's website:
www.CDC.gov/coronavirus/2019-ncov/index.html

FOR CLERGY, EXTRAORDINARY MINISTERS OF HOLY COMMUNION AND PARISHIONERS:

- Practice good hygiene. Wash hands before Mass begins. Use an alcohol-based anti-bacterial solution before and after distributing Holy Communion. Use the same hygiene when taking Communion to the sick and homebound.
- After each Mass, thoroughly wash all the liturgical vessels with warm water and soap. [This is expected even in ordinary circumstances.]
- Greet others before and during Mass, but avoid, if possible, shaking hands, in order to ensure all feel comfortable in the church.
- Take prudent precautions to enhance the cleanliness and safety in the church, e.g. door handles, crash bars on doors, counter tops, and other surfaces that are frequently touched.
- Change the water in the Holy Water fonts, as often as necessary.
- Frequently check restrooms to make ensure they are clean, disinfected, and adequately supplied with anti-bacterial soap and/or alcohol-based anti-bacterial solution.
- Wipe pews often, as added protection.