

COVID-19

BERKELEY MT. ZION UPDATE



March 16, 2020

To the Berkeley Mt. Zion Family,

I wanted to personally reach out and give you an update on how we are adjusting, responding, and what changes we will need to make during the ongoing health crisis. Let me begin by reiterating a scripture that we must hold on to in times like these:

“God has not given us a spirit of fear, but of power and of love and a sound mind.” — 2 Timothy 1:7.

We are committed to making prudent decisions and exercise wise judgment, as we walk through this together, with the covering of the grace of God. I’m so glad, trouble won’t last all ways.

Due to an official order by our governor and city officials our church will be closed. We will be cancelling all ensuing meetings, our Sunday Morning Worship services, Wednesday Noon Day Bible Study and 90 Minute Experience for the next couple of weeks.

The safety of each of you is paramount in my heart. I don’t have to tell you how difficult this is for me as your Pastor, especially in light of our 74th Church Anniversary Celebration. But we must comply with the law and public health officials.

Please know that we are carefully monitoring the situation as it relates to our world, nation, community and our Berkeley Mt. Zion family. We will keep you as up to date and aware of our efforts to stay ahead of the rumors and realities of such a time as this. Please take the time to read the updates I will send via our website, church Facebook page, church voicemail, and other social media outlets. Please share them with one another.

SUNDAY MORNING WORSHIP & WEDNESDAY SERVICES

Our **Sunday Morning Worship Services** will be cancelled for the next couple of weeks at least. However, on Sunday you can access a video message preached by Pastor. The video on Sunday will be available at 10 a.m. via our website, Vimeo, and Berkeley Mt. Zion Facebook page. I will also be posting a video teaching message for our **Wednesday Night 90 Minute Experience** beginning this week. It too can also be accessed at 7 p.m. via our website, Vimeo, or our Facebook page. So for now, you will be able access messages from your personal screen in the comfort of your home with your family. Some of you have the ability to watch us on your tv set or computer, while others will join us on your devices such as your iPad, notebook, or phone.

We are making this decision to not only abide by the government directives, but also to better assure the safety and good health of you, our worshippers. My prayer for you is “...that you may prosper in all things and be in health, just as your soul prospers” (3 John 2).

Our staff remains committed to excellence as we serve you and as we come before our Lord in these challenging times. We will keep you informed through all of our social media platforms. It is our prayer that things will have changed by Easter, and hopefully we will be able to return to our regular operation, however, we will keep you posted as to how we will handle Easter. We will come through this together giving God the praise. Don't let anything steal your joy.

WAYS TO GIVE

Whether you join us in the worship service on your phone, tablet, iPad or home tv, **PLEASE REMEMBER TO SUPPORT YOUR CHURCH FINANCIALLY** during this time. We want to remain faithful to our financial commitments and obligations. Though some things have stalled around us, we must keep our finances consistent and steady. We have always recognized that giving is as much part of worship as the Word and our songs of praise.

There are several giving options available to you during this unique season. Please choose what suits you best to support of our ministry through tithes and offerings. Your tithes and offerings can be:

1. Mailed to our Administrative Office; 1400 8th St., Berkeley, CA 94710. Please remember to include your first and last name, as well as your return address and mobile phone number, so we can allocate your donation accurately.
2. You can text your giving to (510) 924-0042.
3. Via our website at www.berkeleymtzionmbc.org.
4. Also, feel free to drop your tithes and offerings envelope in the church mailbox located in front of the church on the left hand side, which will be monitored by staff daily. Please do not mail cash or drop cash in the mailbox.

Most of all I am asking you to keep your church family and the broader Body of Christ on your prayer list. God is still on the throne. Together we will make it through this and remember, this too shall pass.

In the meantime we will stay informed. Make plans. Trust God.

In His Name and In His hands,

Pastor Brian D. Hunter

Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath



What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

Coronavirus (COVID-19)

COVID-19 is a new coronavirus that has been identified as the cause of an outbreak of respiratory illness globally.

SEVERE SYMPTOMS

- High fever (100.4 or higher)
- Pneumonia

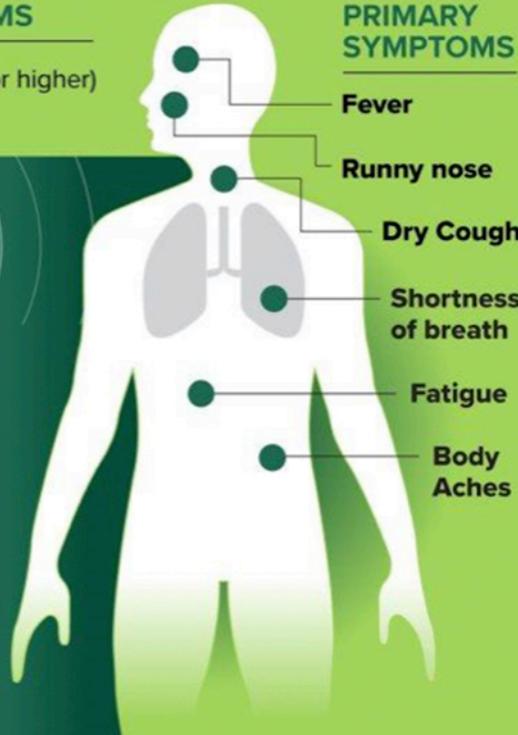
PRIMARY SYMPTOMS

- Fever
- Runny nose
- Dry Cough
- Shortness of breath
- Fatigue
- Body Aches

TRANSMISSION

Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.



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CORONAVIRUS : CoV



INFOGRAPHISC

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Transmission

PREVENTIONS



RISK FACTORS



Over 65 years old

Child

Smoker

SYMPTOMS

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PNEUMONIA



PHLEGM



BREATHLESS



COUGH



FEVER



CHEST PAIN