ENCOURAGE THOSE AROUND YOU
During times of uncertainty, it’s common for people to feel anxious, nervous, and worried. Encourage those around you by sharing Bible verses, praying for one another, or just by talking with someone. Also, take time to check in with your fellow pastors and lean on each other as you navigate what’s happening.

CHECK IN WITH SICK CHURCHGOERS
With everyone on high alert, those who are sick may feel isolated from others. Think about visiting those who aren’t feeling well through virtual means like Skype or FaceTime. If you must visit someone in person and they’re staying in a healthcare facility, check the visitation policies before you arrive, as they might have changed due to the outbreak.

PRACTICE HEALTHY HABITS
Wash your hands often for 20 seconds, cover your nose and mouth when you cough or sneeze with your elbow, and stay home if you’re feeling under the weather.

CONSIDER OTHER WAYS OF WORSHIP
During this time when large social gatherings are discouraged, get creative and think of new ways of worship. Always wanted to live stream your sermon but never took the chance? Now’s your time to try!

STAY INFORMED
Check trusted sources like the CDC, WHO, and universities like Johns Hopkins for updated information on coronavirus so you can share this with your churchgoers.

REDUCE YOUR TRAVEL
Even if you consider your chances of getting coronavirus to be low, you may put others at risk by exposing them to the disease. Only travel if absolutely necessary.

TAKE CARE OF YOURSELF
It’s okay if you find yourself feeling overwhelmed and scared during this time. Make sure to take time every day to check in with yourself and take actions to calm any fears you may have about what’s happening around you. Most importantly, take time to grant yourself grace.