

# WASH YOUR HANDS



## PROPER HAND HYGIENE HELPS PREVENT VIRUSES FROM SPREADING

PREVENTING THE SPREAD OF THE COVID-19 VIRUS  
MARCH 11, 2020

- At the Sign of Peace, refrain from shaking hands – a simple bow, nod, or “Peace be with you” to your neighbour is appropriate.
- Baptismal and Holy Water fonts are to be emptied and are to be sanitized with water and bleach
- Holy Communion will only be distributed under the Body of Christ (Host).
  - Only priests may distribute Holy Communion to those who choose to receive on their tongue at a designated area apart from the main aisle. Note: It has been shared by some public health experts that there is no indication of increased risk of infection in receiving the host either on the tongue or in the hand.
  - Those who choose to receive Holy Communion in the hand will be asked to approach the Extraordinary Ministers of Holy Communion or a priest who is not distributing Communion to those receiving on the tongue.
- Only priests are to consume the Precious Blood.
- Extraordinary Ministers of Holy Communion who feel uncomfortable distributing Holy Communion should be excused from this ministry.

A MESSAGE FROM THE



ROMAN CATHOLIC  
**DIOCESE**  
of Calgary