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## Coronavirus (COVID-19) and CBST

Dear CBST Community,

We are living in difficult times, and as a community, we must respond to the challenges we are given! The recent news about the coronavirus (COVID-19) remind us that we are required by our Jewish tradition to do all we can to ensure the physical (not only the spiritual) health of our community.

Therefore, following the Centers for Disease Control's **guidelines**, we are instituting the following practices for CBST. These practices make sense for basic health in the general flu season as well!

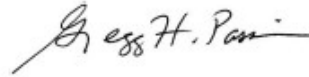
- Please no kissing or shaking hands! This will be the hardest for us at CBST; we love to kiss and hug. But in the interest of reducing transmission risk, and to develop new practices, please use your elbows to elbow touch rather than kissing or handshaking.
- When we connect for the *motzi* (blessing for the bread) at the end of the service, we will not hold hands.
- Wash your hands often with soap. The recommendation is to wash for 20 seconds (sing Happy Birthday 2x).
- If you use commercial hand sanitizer, make sure it is at least 60% alcohol-based--anything less is not helpful. We have a hand sanitizer dispenser in the lobby.
- Practice not touching your face.
- Stay home if you are sick!
- If you have children at home, please teach them these basic practices -- **here**'s a visual graphic to teach about hand washing!

We will continue being a powerful spiritual community of resistance and love!

Wishing you all good health,



Yolanda Potasinski  
*Executive Director*



Gregg H. Passin  
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