Caring for Ourselves and Each Other

Dear Shir Tikvah family,

When the world becomes overwhelming, we need each other more. The fact of the coronavirus, and its spread, is anxiety-provoking. Our utmost priority is to keep everyone safe and we are working diligently to stay informed and updated. For these reasons, we write to say that we will be here, offering care and support, for the duration. While we do not anticipate any disruptions at this time, we will use all the technology at our disposal to allow our TST community to continue being in close connection via email, text, phone, Zoom videoconferencing, Facebook—and we will stream Shabbat services, as needed.

The simple things we can do to protect ourselves are:
- Wash your hands often with soap and water for 20 seconds. Use hand sanitizer if there is no soap/water available. We have hand sanitizer stationed around the temple.
- Cover your coughs and sneezes—completely covering your mouth in your elbow or using a tissue can prevent spread to nearby surfaces.
- Take good care of yourself if you are sick. **Stay home.** Also, let us know if you are in need of care or would like your name on the mi shebeirach (healing) list.
- Avoid touching your face—particularly your eyes, nose, and mouth.
- Limit physical greetings like hugs, kisses, and handshakes. This will be especially challenging for our community! Instead, let a big smile and a wave, or touching elbows, take the place of an embrace for now.

We will continue to follow official recommendations and will update you as necessary. For more information, the [CDC website](https://www.cdc.gov) offers in-depth coverage.

Our community is at its strongest when we care for one another. Please do not hesitate to reach out if you are in need.

Blessings to all,

Temple Shir Tikvah staff