



## Member Message March 25, 2020

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### *Feast of the Annunciation of the Lord*

Dear Mothers and Sisters,

As we confront the reality of dealing with the corona virus pandemic on a daily basis, a sister physician in one of our Member communities compiled the following list of general precautions to take.

1. Masks are not effective for the general public; as soon as they become moist (about 20 minutes of use), they become ineffective. If one is sick and coughing, then a mask should be worn but otherwise not.
2. Frequent hand hygiene--either with soap and water (hands should be scrubbed with the soap for 20 seconds) or with an alcohol-based hand sanitizer (rub until dry). When traveling, bring a small hand sanitizer on the plane and even Clorox wipes to wipe down one's arm rests/tray tables.
3. Do not touch one's face. This is much more difficult than one might anticipate.
4. Cover one's cough or sneeze with either a facial tissue (which should be thrown out after one use) or the bend of one's elbow/sleeve, not into one's hands or uncovered at all.
5. When in public waiting areas (such as the airport waiting areas), try to keep a six foot distance from others.
6. In travel (airports), avoid restaurants as able and try to pack one's own food/snacks, mostly because of the number of people at these locations and the number of workers who also have been exposed to other travelers. This may be difficult for longer travel. Airplane food should be alright to eat as it is generally pre-packaged.
7. If scheduled appointments and testing are not urgent, consider rescheduling until later this spring/summer.
8. Limit trips outside the convent, avoid all non-essential travel. For example, consider designating one shopper.

You may also find this article helpful in understanding the mechanics of the spread of the disease. [Click here to view the article.](#)

I hope this information is helpful. Please know that we are united with you in prayer for your communities and for those you serve.

God bless you,

Sr. Mary Christine, RSM

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### **Vision Statement**

The Council of Major Superiors of Women Religious will be a collaborative body of life-giving women religious committed to "the full flowering" of religious life in the United States by placing our collective feminine genius at