

# THE SPIRITUAL ISRAEL CHURCH AND ITS ARMY

## Supreme Temple

P.O. Box 35239

Detroit, MI 48235

Bishop Bobby J. Davis, King of Israel

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With the spread of the coronavirus, here are some ways to protect yourself.

Prevention tips include:

- Wash your hands often with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, remember to wash hands afterwards.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid contact with people who are sick.
- Please stay home when sick, until you are feeling better, and avoid contact with others except to get medical care.
- Avoid close contact with large groups of people, sharing cups, or sharing eating utensils.
- Clean and disinfect frequently touched surfaces, such as doorknobs.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious food and take vitamin C or other immune building vitamins.

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