

KEEP COMING BACK

UNLES IT'S FLU SEASON AND THEN DO THIS

COVID-19 FAST FACTS

HIGHLY CONTAGIOUS & SPREADS:

- from person-to-person, even when not showing symptoms
- in close contact (3 to 6 feet)
- through coughing and sneezing
- from droplets that land in mouths or noses of nearby people
- lives up to 5 days on hard surfaces

GROUP PRECAUTIONS CHECKLIST

- Ensure that hand hygiene supplies are readily available (sanitizers and soap)
- Provide tissues with no-touch waste baskets for their disposal
- Instruct meeting greeters NOT to shake hands or hug, stand 3 feet from others, and draw attention to your *Flu Season Etiquette* fliers
- Put Clorox wipes by coffee pot with sign asking members to use it when pouring or making coffee

MEETING BREEDING BUGS

Hugging; hand shakes and hand holding; sharing coffee; passing tokens from hand-to-hand; sticky fingers in bowls of candy; passing literature; passing the basket; and so on. You can see how risky a meeting can get.

Meeting precautions continued...

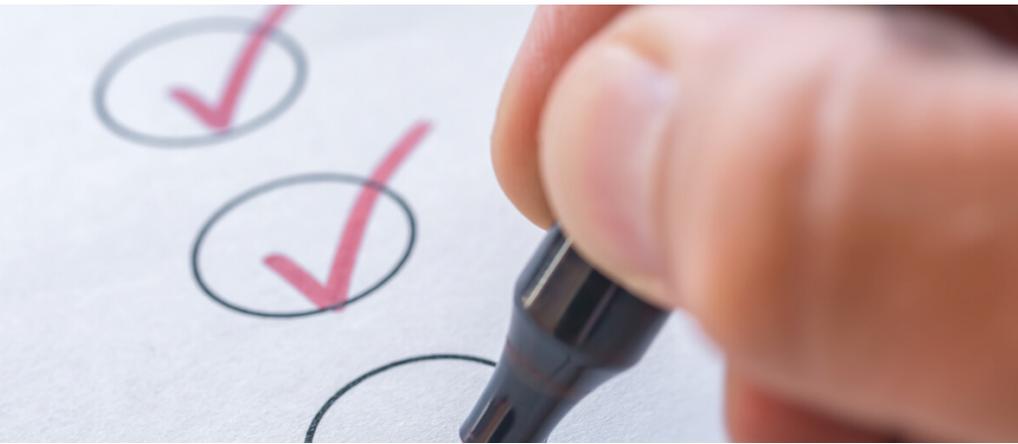
- Only provide disposable coffee cups until the contagion risk subsides
- Temporarily suspend passing tokens from person-to-person
- Have one member use a plastic bag to collect contributions rather than pass a basket
- Disinfect rooms, chairs and tables between meetings and/or place Clorox wipes so members can wipe down their chairs and personal space
- Give members plastic sandwich bags to hold books when reading
- Ask members not to hold hands at closing while the outbreak continues
- Post fliers about *Flu Season Etiquette*
- Include paper seat covers in the restroom(s)

MEETING ETIQUETTE FOR FLU SEASON

It's coming to a meeting near you and being prepared is paramount. Some members may choose to do nothing and say, "It's up to God." Yes and know (pun intended).

Although there is a good chance a majority of members will get the virus anyway, for a few people it is particularly dangerous. Respect member's rights to feel safe when getting the support they need.

1. Sanitize hands before, during, and after meetings
2. Stand at least 3 feet from other members
3. Bring your own literature to read at meetings
4. Don't hug people unless invited
5. Space chairs as far apart as possible
6. Don't bring food to share
7. Don't hold hands or lock arms at closing
8. Don't bring pets to meetings until outbreak ends
9. Stay home if you show any symptoms



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**MUCH HAS ALREADY
BEEN SAID
ABOUT RECEIVING
STRENGTH, INSPIRATION,
AND DIRECTION FROM HIM
WHO HAS
ALL KNOWLEDGE AND
POWER.**

P. 85 ALCOHOLICS ANONYMOUS

MY PERSONAL PRECAUTION CHEKCLIST

- Bring my own beverage and container (coffee, water, pop) to meetings.
- Bring my own literature. Don't use group's books.
- If any member is coughing or sneezing, I leave.
- Ask members not to hug me or hold my hand.
- Wash my hands before arriving and after leaving, and don't touch my face in the meantime.
- I don't pet other's dogs (may spread via pets too).
- I bring wipes to cleanse my personal space before and after meetings.
- If I have a compromised immune system, I wear a mask.
- If I've been exposed, I start boosting my immune system (Vitamin C & D, Elderberry, Oregano Oil, etc).
- I pray and meditate on the best way to handle meetings and health risks like this.

RESOURCES

www.cdc.gov/coronavirus/2019-ncov/about/index.html
www.who.int/emergencies/diseases/novel-coronavirus-2019
www.youtube.com/watch?v=GT3_A1bf9pU
draxe.com/health/how-to-boost-your-immune-system/

FREE DOWNLOAD FROM POCKETSPONSOR.COM

WHEN IT'S TIME TO QUIT ATTENDING MEETINGS

If you get sick or the virus is in full breakout locally, consider staying home. That doesn't mean to stop your meetings. Support is still widely available.

[Attend Online Meetings](http://aa-intergroup.org/directory.php)
aa-intergroup.org/directory.php

[Participate in Telephone Meetings](http://aa-intergroup.org/directory_telephone.php)
aa-intergroup.org/directory_telephone.php

Have a member do a live FaceTime or Skype of your home group meeting for those who can't make it.

