



**Advisory on the COVID-19 Outbreak 8/2020  
(as of 26 Mar 2020)**

**Travel**

1. Defer all travel to reduce the risk of contracting COVID-19 infection while overseas. Exercise caution when need to travel.
2. Comply strictly with the Leave-of-Absence, Stay-Home Notice or Quarantine Order issued when you return from overseas.
3. If you are travelling overseas, do not go near live animals, including poultry and birds; do not eat raw and undercooked meats; and do not be in crowded places and around people who are unwell.
4. Upon return to Singapore from any country, monitor your health closely for two weeks and see a doctor if unwell<sup>1</sup>. Inform your doctor your travel history. If you have a fever or respiratory symptoms (cough, shortness of breath), wear a mask and call the clinic ahead of the visit. Do not doctor-hop.
5. Members with known close contact with those returning to Singapore from any country must monitor their health closely for **fourteen days** and see a doctor if unwell.

**Personal Hygiene and Responsibility**

6. Wash your hands frequently with soap. Avoid touching your face unnecessarily.
7. Wear a mask if you have a cough or runny nose.
8. Cover your mouth with a tissue paper when coughing or sneezing.
9. Those who have any close contact with anyone who is a confirmed COVID-19 patient or a suspect case, or who are on Leave of Absence (LOA), Stay-Home-Notice (SHN) or received Quarantine Order (QO) are to inform the church office promptly, comply with the orders and are not to come to church during the LOA, SHN or QO period.
10. See a doctor promptly if you feel unwell.

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<sup>1</sup> Unwell symptoms include but are not limited to fever, headache, cough, shortness of breath, runny nose, sore throat, abdominal pain, diarrhoea.

11. Avoid coming to church if unwell, or if you have any risk factor that may make you more vulnerable to COVID-19 infection, e.g. age 70 years and above, chronic diseases (such as heart problems, diabetes, lung diseases, immune-compromised conditions, etc.)<sup>2</sup>.
12. Be socially responsible, [as it is critical in slowing the spread of the virus](#)<sup>3</sup>.
13. Avoid crowded places.
14. Comply with precautionary measures in church and other places.
15. [Limit gatherings outside of work and school to 10 persons or fewer, and keep a safe physical distance of at least 1m between individuals in settings where interactions are non-transient.](#)<sup>4</sup> Avoid unnecessary bodily contact in public or in church.
16. Leaders and members are to adhere to precautionary measures and observe proper hygiene while on duty in church.
17. Stay calm, do not over-react. Be vigilant.
18. Do not trust or disseminate fake news.
19. Follow updates by proper authorities. The following are some recommended sources:

<https://www.moh.gov.sg/covid-19>

<https://go.gov.sg/whatsapp>

### **Temporary Suspension of Worship Services and Other Church Ministries<sup>5</sup>**

20. In view of the worsening COVID-19 pandemic globally and locally, [all worship services have been temporarily suspended by the authorities from 26 March 2020, 2359 hours to 30 April 2020.](#)<sup>6</sup> This may be extended if the situation does not improve.<sup>7</sup>
21. **Minimize going out (except for work or school) during this period.** Otherwise it may defeat the purpose of [the above restrictions](#).
22. All other church ministries are also *temporarily suspended* from 24 March 2020 to [30 April 2020](#)<sup>8</sup>, and include but are not restricted to the following:

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<sup>2</sup> Ministry of Health's Press Release: [Tighter Measures to Minimize Further Spread of COVID-19](#), 24 March 2020

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.

<sup>5</sup> Other church ministries exclude Bethel Day Care and Preschool, which is under the purview of the childcare committee and Early Childhood Development Agency (ECDA); All Saints Memorial Chapel & All Saints Home which are under the purview of their respective Boards and the relevant authorities.

<sup>6</sup> Bethel Presbyterian Church has previously issued an advisory (dated 23 Mar 2020) to suspend all church services from 21 Mar to 10 Apr 2020.

<sup>7</sup> Ministry of Health's Press Release, 24 March 2020.

<sup>8</sup> Bethel Presbyterian Church has previously issued an advisory (dated 23 Mar 2020) to suspend all other church ministries (besides services) from 24 Mar to 10 Apr 2020.

- a. Gatherings
  - i. Cell groups
  - ii. Fellowships (e.g. seniors, youths, young adults, ladies, men, etc.)
  - iii. Others (e.g. interest groups, refreshment time, etc.)
  - iv. Vision 2A activities
  - v. Corporate Prayer Meetings
  
- b. Equipping
  - i. Sunday schools
  - ii. Bible study
  - iii. Discipleship classes
  - iv. Talks, forums, seminars, conferences and similar events
  - v. Membership/ baptism classes
  - vi. Pre-marital & other counselling
  
- c. Worship-Related Activities
  - i. Choir/ praise team practices and presentations
  - ii. Worship rehearsals
  - iii. Media/ audio-visual rehearsals
  
- d. Meetings
  - i. Elders & Deacons Court (EDC)
  - ii. Service Working Committees
  - iii. Other EDC Working Committees (e.g. Finance, Facilities, Mission, Social Concern, Human Resource, etc.)
  - iv. Other committee meetings
  - v. Annual Congregational Meeting
  - vi. Chinese Presbytery Meeting held in Bethel Presbyterian Church (e.g. election & ordination of Ministers)

23. Leaders and members are encouraged to use remote means (e.g. Zoom, FaceTime, etc.) to communicate and minister to one another.

### Special Concession

24. Special concession will be made on a *case-by-case basis* for events such as funerals, wakes, weddings<sup>9</sup> and critical meetings and **tasks** (e.g. crisis meeting, Anti-COVID-19 Taskforce meeting, **setting up livestreaming** etc.)<sup>10</sup>.

25. There must be strict adherence to precautionary measures, **including but not restricted to temperature screening and travel and health declaration. There must be strict observation of the authority's Density-Intensity-Duration guideline.**

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<sup>9</sup> MCCY's Advisory for Religious Leaders: COVID-19: Tighter Safe Distancing Measures for Religious Activities, dated 26 Mar 2020.

<sup>10</sup> *Ibid.* The Senior Pastor, with the assistance of the Anti-COVID-19 Taskforce, will assess and permit or prohibit such events or meetings.

26. **Density:** Density refers to the physical proximity between individuals. Restrictions stated in point 15 must be adhered to at all times (including queuing), at all venues and during all rituals.
27. **Intensity:** Intensity refers to the degree of release of droplets and hence must be minimized. Since singing is deemed as a high-intensity activity by the authorities, it will be prohibited.<sup>11</sup>
28. **Duration:** Duration refers to the period of time individuals are exposed to one another, which must be kept to the minimum necessary by simplifying and limiting to essential rites.

### **Connectedness with God and One Another**

29. All members are encouraged to regularly connect with God through prayer, reading and meditating His Word and worshipping Him with spiritual hymns and songs (except when in a group, where singing is not allowed), whether onsite services are suspended or not.
30. All members are also encouraged to connect with one another via text messages, phone calls and other remote ways.

### **Care and Concern for Others**

31. As Christians, we are called to show care and concern for our neighbours. We can do so by praying for COVID19-infected patients, their family members, healthcare professionals, government authorities, the nation and the world. We can also contribute to the church's love offering to assist those in need, and in other ways.
32. We should not discriminate or criticize baselessly. Instead [we should do our part to support the fight against this outbreak](#), and be channels of God's blessing.

### **Evolving Nature of Outbreak and Update of Advisory**

33. In view of the fluidity of the situation due to the evolving nature of COVID-19 pandemic, the advisory will be updated as and when circumstances demand.

**Issued by Bethel Presbyterian Church**  
**26 Mar 2020, 4pm**

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<sup>11</sup> MCCY's Advisory for Religious Leaders: COVID-19: Guidance for Religious Organizations on Enhanced Precautionary Measures for Religious Activities, dated 21 Mar 2020.