



ROMAN CATHOLIC ARCHDIOCESE OF REGINA  
OFFICE OF THE ARCHBISHOP

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March 9, 2020

Dear Clergy, Religious, & Lay Faithful of the Archdiocese of Regina:

**Directives regarding Coronavirus Protocols for the Archdiocese of Regina**

As media coverage surrounding the spread of what has now been called the COVID-19 virus increases, there has been understandable concern among the faithful. The Archdiocese of Regina's desire is to act with responsibility and prudence for the health and well-being of all.

In recent days, questions surrounding liturgical practice have increased. While health officials have not explicitly recommended changes to worship gatherings and practices, we feel that it would be prudent at this time to initiate the following changes until such a time as our health authorities indicate that the period for concern has passed:

1. Personal contact such as the shaking of hands at the Sign of Peace is to be discontinued. A bow and spoken word of peace would suffice as a replacement ritual act.
2. Communion is to be distributed under the species of bread alone.
3. Parishes are asked to have alcohol-based sanitizers accessible to ministers of communion.
4. Pastors, deacons and extraordinary ministers of communion are asked to wash their hands with an alcohol-based sanitizer before and after distributing communion.
5. Where visits to the sick for sacramental and/ or pastoral care are made, good sanitary practices are to be maintained at all times. Any minister choosing to make such visits should make use of hand sanitizers, if possible washing with soap and water immediately before and immediately after the visit.
6. You may choose to remove Holy Water from fonts at church entrances.
7. Stay home if you are sick to avoid spreading illness to others.

It is important to note that the best measures to prevent the spread of this and any other serious viral infection is to remain home if you are ill, and to wash your hands regularly with soap and water.

We have been in dialogue with the Diocese of Saskatoon and are issuing parallel directives. Our offices will continue to monitor the situation daily and provide updates as needed. We will remain in regular communication with all of our parishes to provide updated information should further restrictions be required and when restrictions are no longer necessary. We ask that you continue to pray for those affected by COVID-19.

Yours in Christ

✠ Donald J. Bolen  
Archbishop of Regina

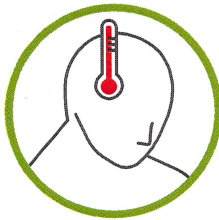
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## KNOW THE FACTS

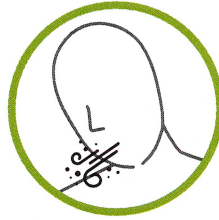
# ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

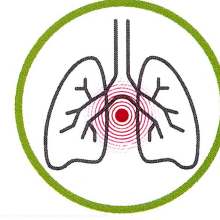
Symptoms of human coronaviruses may be very mild or more serious, such as:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

### For more information on coronavirus:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



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