

WBC and Covid-19

FAQ's

Why is WBC meeting in person?

WBC is meeting because we believe that the physical gathering or *assembling* of the community of faith (Heb. 10:25) is vitally important to the spiritual life and well-being of individuals of the community. We believe that God is sovereign over physical life (Ps. 139:16; Job 14:1-6; Ja. 4:14) and that life on earth does not constitute the totality of our existence (Matt. 6:19-20; Phil. 3:20-21). We recognize God's expectation that we submit to the governing authorities He has put in place (Rom. 13:1-7; 1 Pet. 2:13-17), so we are following the guidelines set forth by our state government. We also recognize that there are those who feel it is in their best interest to remain at home, so we continue to provide an online livestream of our services.

What precautions is WBC taking in response to Covid-19?

WBC is taking several precautions to mitigate unnecessary risk of transmission of Covid-19. Our sanctuary is permitted for over 400 people. At this time, we are meeting with around 100 people, which is under 25% of the capacity. We are recommending that the vulnerable population (65+ and immunocompromised) worship with us via our livestream. We are encouraging all to follow the state's recommendations: stay home if you're symptomatic, maintain 6 feet of physical distance between people of different households, wear masks when distancing is not possible, and frequently wash hand and/or use sanitizer.

Why are masks recommended but not required?

The CDC recommends masks when you're around people who do not live in your household for an extended period of time and you can't maintain distance. We are not *requiring* masks for people attending our worship services for a few reasons. First, long-accepted science shows that while masks (cloth, surgical, and n95) are helpful in preventing water droplets (≥ 5 micron) from being transmitted between two individuals, when a virus is aerosolized, those masks are less effective, or mostly ineffective (N95 masks maintain a significantly higher level of protection over cloth and surgical ones). Additionally, there have been exceptions made by our government for certain people groups based on age, health condition, or ability. There are laws (e.g. ADA, HIPPA) that prevent the forced disclosure of private health information, with the result that we as a church cannot in general hold individuals accountable for their decision to wear a mask or not.

Why is WBC continuing to sing during worship gatherings?

Singing is commanded by God in His Word as something we are to do when we gather together (Ps. 149:1; Col. 3:16; Eph. 5:19).

What will happen if there is an outbreak at church?

If WBC were to experience an outbreak of Covid-19 (or any other serious infectious disease), the leadership would assess the situation and decide the appropriate steps to take, including (but not limited to): praying, contacting local health officials, transitioning to online-only services, implementing enhanced cleaning protocols, notifying the WBC family, etc. We would consider an *outbreak* to be multiple (3 or more) positive cases from people of different households that had been together at a church gathering.

Are there things people should know about dealing with Covid-19?

Yes. *Trust God and pray* should not be our last resort, but our first response. While preventative measures like masks, distancing, and good personal hygiene do limit transmission via larger exhaled water droplets, there is no single preventative method or tool that will 100% guarantee you will not contract Covid-19 or any other virus. While this truth might be disconcerting, there are some things we can all do to help our bodies fight off sickness.

****** The following should not be considered as medical advice. We recommend you have a conversation with your medical professional to determine the best course of action for your particular needs and situation. ******

Your immune system is of utmost importance in preventing or battling any infectious disease like Covid-19. Maintaining a healthy lifestyle will increase your body's God-designed defenses/immunity. This generally includes:

- Increasing the amount of fruits and vegetables in your diet.
- Decreasing sugar intake.
- Regular, sufficient sleep patterns.
- Having a regular exercise routine (for example, going for a walk, run, or bike ride for 10-30 minutes at least 3 times per week; exercises like sit ups, pushups, air squats, etc.).
- Vitamin/mineral supplements (Vitamin C, Vitamin D, and Zinc have shown significant promise in the prevention and treatment of Covid-19).

Please consult your doctor before beginning any dietary changes, supplements, or physical exercise.

Research and Studies: (*Note – These are secular resources. Be discerning, especially when any sort of spirituality (e.g. meditation) is referenced.)

“Generation and Behavior of Airborne Particles (Aerosols)”

https://www.cdc.gov/niosh/topics/aerosols/pdfs/Aerosol_101.pdf

“A cluster randomized trial of cloth masks compared with medical masks in healthcare workers”

<https://pubmed.ncbi.nlm.nih.gov/25903751/>

“Do N95 respirators provide 95% protection level against airborne viruses, and how adequate are surgical masks?” <https://pubmed.ncbi.nlm.nih.gov/16490606/>

“Understanding Respiratory Protection Against SARS”

<https://www.cdc.gov/niosh/npptl/topics/respirators/factsheets/respsars.html>

“Universal Masking in Hospitals in the Covid-19 Era” <https://www.nejm.org/doi/full/10.1056/NEJMp2006372>

“SARS-CoV-2-specific T cell immunity in cases of COVID-19 and SARS, and uninfected controls”

<https://www.nature.com/articles/s41586-020-2550-z>

“The Link Between Vitamin D Deficiency and Covid-19 in a Large Population”

<https://www.medrxiv.org/content/10.1101/2020.09.04.20188268v1.full.pdf>

"Effect of Calcifediol Treatment and best Available Therapy versus best Available Therapy on Intensive Care Unit Admission and Mortality Among Patients Hospitalized for COVID-19: A Pilot Randomized Clinical study"

<https://www.sciencedirect.com/science/article/pii/S0960076020302764?via%3Dihub>

“The role of Vitamin D in the prevention of Coronavirus Disease 2019 infection and mortality”

<https://www.researchsquare.com/article/rs-21211/v1>

The Possible Role of Vitamin D in Suppressing Cytokine Storm and Associated Mortality in COVID-19 Patients”

<https://www.medrxiv.org/content/10.1101/2020.04.08.20058578v4>

“Vitamin D and Inflammation: Potential Implications for Severity of Covid-19”

<http://imj.ie/vitamin-d-and-inflammation-potential-implications-for-severity-of-covid-19/>

“Strengthen Your Immune System With 4 Simple Strategies” <https://health.clevelandclinic.org/strengthen-your-immune-system-with-simple-strategies/>

“Exercise Is the Immune System Booster You Need Right Now”

<https://blogs.webmd.com/webmd-doctors/20200331/exercise-is-the-immune-system-booster-you-need-right-now>