



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

## **Recommendations for Family and Religious Celebrations**

Sterling, Colo. – April 8, 2020: On Monday, Governor Polis extended the Stay-At-Home order through April 26. Northeast Colorado Health Department (NCHD) wants to remind everyone that although we are embarking on Easter weekend and concluding Holy Week, it's extremely important to continue to comply with the Stay-At-Home Order to slow the spread of COVID-19.

This coming weekend, which is a time of significant religious and family traditions, may pose challenges to many families and communities. For many of us, our faith and spiritual community are critical to our well-being. In recent weeks, many churches and other religious organizations have taken steps to provide online services and support for their congregations. We encourage those practices to continue through the holiday and to resist the urge to get together even for family gatherings. Individuals, families and organizations across northeast Colorado should remain steady in complying.

*"Now is the time to take measures to avoid getting yourself and others sick," said Trish McClain, Director of NCHD. "We understand that people may be anxious and frustrated by the limitations of the Stay-At-Home order during this special weekend, but*

*we are encouraging people to continue to comply—it is up to each of us to protect our highest risk populations by not giving this virus a chance to spread.”*

Showing how we value the sanctity of life includes acting to reduce the spread of this deadly virus by being innovative in safely meeting. Northeast Colorado residents are resilient and creative. NCHD encourages families and communities to celebrate using online or remote measures. The more people that follow the stay at home order and social distancing guidelines, the sooner we can all go back to a more normal way of life. Let's do this together.

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