

## **Zone 1 Advisory**

**Please read the communication below from Mr. Harish Naidu- President, National Council, Sathya Sai International Organization USA.**

SaiRam Dear Regional Presidents and National Officers,

Many of you have reached out to me with regard to the escalating situation around COVID-19. You have also seen emails that I have forwarded from Phil Gosselin, our zonal coordinator. I'd like to reiterate a few key points:

**Please cancel or postpone all Regional meetings such as retreats, conferences, Aradhana day Regional events etc., in your respective Regions until June 15<sup>th</sup>.**

With regard to Center meetings and other center related activities please use your discretion based on the advisory of the local public health authorities. For eg. Centers in King County, WA have cancelled their center meetings for the next few weeks.

Each of the centers in your Regions may decide whether or not to hold weekly meetings, based on:

- The size of the group, and age and health of the members
- Whether you meet at a public location or a private home
- Whether the corona virus has been detected in your locality, based on the advisory of the local public health authorities.

For those areas where center meetings are cancelled, several are using remote collaboration tools to enable virtual SSE classes, study circle and devotional sessions. You could also agree that all will sing devotionals in their homes at the designated times.

Service activities may require communication with any entities you are working with, to see if they allow outside visitors (such as at nursing homes), and to see if it is practical and safe to continue the activity. Of course, all other recommended precautions should be followed if you do meet.

Feedings may need to be planned differently so folks still get food at very little risk to themselves or the members. For instance, the SE Denver Center will deliver pizzas instead of cooking and serving in the host facility.

Please do chant the Gayathri and join in the sessions organized by the National Devotional coordinator, Srikanth Vaidyanathan.

Please do check in on the vulnerable in your communities if you are so able to do, and offer whatever service you can to them.

I will schedule a call with all of you and we can use the call for any further clarifications or best practices that we can share during this time.

Sai Ram,

Harish

Harish Naidu

President, Sathya Sai International Organization USA

[www.sathyasai.us](http://www.sathyasai.us) | [www.sathyasai.org](http://www.sathyasai.org)

## **Communication from the Chairman, USA Medical Committee**

Dear Sisters and Brothers,

Om Sri Sai Ram.

Many of you have asked for updates and guidance on the Coronavirus (COVID-19) situation.

A comprehensive set of references are available for you  
at <https://www.sathyasai.org/healthy-living/coronavirus>

Since the Centers for Disease Control and Prevention (CDC) in the U.S.A. has listed this virus as a public health emergency, their information is included as Reference 1 in the link above.

We suggest some basic good hygiene practices as recommended in the CDC guidelines.

1. If you are sick, stay home, be vigilant to the symptoms of COVID-19 such as a fever and cough. It is best not to attend your Sai Center, Sai Center regional events, or Sai Service Projects when you are sick or not feeling well.
2. If you are sick, please wear a face mask when you are around other people or pets.
3. Be Safe and Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
4. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
5. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Or if tissue is not available, cover with your elbow. Avoid touching your eyes, nose, and mouth. Avoid close contact with people who are sick.
6. Try to avoid international or long-distance travel while the WHO or CDC have active travel warnings, and avoid large gatherings or congregations, if possible.

We suggest you go to <https://www.sathyasai.org/healthy-living/coronavirus> and look at the references for their daily updates.

### Power of Prayer

It is good to remember Swami's guidance to remain calm in all situations. We need to follow the guidance of our national and local medical and infectious disease experts as listed above. We should remember that prayers are very powerful. The Sai Gayatri mantra as well as the Gayatri mantra is being chanted by Sai devotees around the world for the welfare of humanity. Let us all be united and pray with intensity as often as possible, especially at weekly Sai Center meetings. This is an important spiritual practice which can alleviate this global health threat due to the Coronavirus.

With Love and Sai Ram,

In Service of Sai,

Joe Phaneuf MD,

Chairman, USA Medical Committee