

Coronavirus: COVID-19

Feeling unwell?

If you suspect you may have COVID-19 coronavirus symptoms or may have had close contact with a person who has COVID-19 coronavirus, you should contact the Coronavirus Health Information Line on [1800 020 080](tel:1800020080)

[COVID clinics](#) are now open for people with fever and respiratory symptoms such as cough or sore throat AND:
have returned from overseas travel in the last 14 days OR
are a contact of a confirmed COVID-19 case OR
believe they have may have been in close contact with a person infected with COVID-19.

Patients who are tested should remain isolated at home, until they receive their test results and further medical advice

Where can I find out more information?

Call the Department of Health and Human Services on to discuss any questions you have. If you need a translator first call 131 450, then request the hotline on 1300 651 160.

For Victorian updates to the current incident, go to:

<https://www.dhhs.vic.gov.au/novelcoronavirus>

For national updates: <https://www.health.gov.au/news/latest-information-about-novel-coronavirus>

WHO resources <https://www.who.int/health-topics/coronavirus>

If you are very unwell (such as experiencing shortness of breath) and need urgent medical help call [000](tel:000)

Protect yourself

- Cover coughs and sneezes
- Wash hands often
- Stay home if unwell

- Prayer to Our Lady in anxious times
- Spiritual Communion
- COVID-19 advice

O Mary, Health of the Sick
you always shine on our path
as a sign of salvation and of hope.
We rely on you, Health of the sick,
You who at the cross took part in Jesus' pain,
keeping your faith firm.
You who know what we need
and are sure you will provide,
so that as in Cana of Galilee
we may return to joy and to fasting
after this time of trial.

Help us, Mother of Divine Love,
to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection. Amen.

+ Pope Francis

*Under your protection, we seek refuge, Holy Mother
of God. Do not spurn the pleas of us who are in trial,
And free us from every danger,
O glorious and blessed Virgin*

*Yes there is fear. Yes there is isolation.
 Yes there is panic buying. Yes there is sickness.
 Yes there is even death.
 But, They say that in Wuhan after so many years of noise
 You can hear the birds again.
 They say that after just a few weeks of quiet
 The sky is no longer thick with fumes
 But blue and grey and clear.
 They say that in the streets of Assisi
 People are singing to each other across the empty squares,
 keeping their windows open so that those who are alone
 may hear the sounds of family around them.
 They say that a hotel in the West of Ireland Is offering free meals and delivery
 to the housebound.
 Today a woman is busy spreading fliers with her number through the
 neighbourhood
 So that the elders may have someone to call on.
 Today Churches, Synagogues, Mosques and Temples are preparing to
 welcome and shelter the homeless, the sick, the weary
 All over the world people are slowing down and reflecting
 All over the world people are looking at their neighbours in a new way
 All over the world people are waking up to a new reality
 To how big we really are.
 To how little control we really have.
 To what really matters.
 To Love.
 So we pray and we remember that Yes there is fear.
 But there does not have to be hate.
 Yes there is isolation. But there does not have to be loneliness.
 Yes there is panic buying. But there does not have to be meanness.
 Yes there is sickness. But there does not have to be disease of the soul
 Yes there is even death. But there can always be a rebirth of love.
 Wake to the choices you make as to how to live now.
 Today, breathe.
 Listen, behind the factory noises of your panic
 The birds are singing again
 The sky is clearing,
 Spring is coming,
 And we are always encompassed by Love. Open the windows of your soul
 And though you may not be able to touch across the empty square, Sing.
 March 13th 2020 Richard Hendrick*

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The traditional teaching of the Church regarding spiritual communion reflects that we are a new creation in the Spirit of God through faith and baptism. The gift of the gracious encounter with our God, Father, Son and Holy Spirit, is equally possible through a prayer of faith, hope and charity as through the sacramental encounter with Christ in the Eucharist received in Holy Communion.

Clearly, the deprivation of our sacramental encounter makes us realize the power of our sacramental rituals.

“Believe, the day will come – indeed is already here – when true worshippers will worship the Father in spirit and truth.” (Jn 4:23 – Jesus’ words to the woman of Samaria)

A spiritual communion is a prayer that includes these elements:

1. An act of faith in our Triune God of love.
2. A recognition of our sinfulness and prayer for pardon and healing
3. An act of hope that God is our true final end in whom we will find true happiness as his gift
4. An act of charity, our response to the double commandment of love of God and our neighbour.
5. An act of faith in Christ’s presence in the Blessed Eucharist.
6. An expression of confidence that Christ dwells in me through God’s gracious reaching out for me – from the day of baptism (sanctifying grace) and here and now (actual grace).

I use the words that come from my heart, or I can use a prayer such as this *Act of Spiritual Communion* composed by St Alphonsus Ligouri
*My Jesus, I believe that You are present in the Most Holy Sacrament.
 I love You above all things, and I desire to receive You into my soul.
 Since I cannot at this moment receive You sacramentally,
 come at least spiritually into my heart.
 I embrace You as if You were already there and unite myself wholly to You.
 Never permit me to be separated from You.
 Amen.*