Instead of attending spiritual gatherings in person, you can safely view or listen to almost any form of spiritual service through:

- Television
- Radio
- Online Video Recordings
- Live Streams
- Podcasts

Mental and physical health are important during the COVID-19 pandemic. Taking time to be mindful, meditate, and pray are great ways to be spiritual individually or as a family.

For additional resources and guidance on how to safely practice or observe your faith, reach out to your spiritual community or its local leaders.

Limiting the chances for physical contact in group settings has proven to be the most effective way to flatten the curve.