

To the Saskatoon & District AA Fellowship,

As with most everyone else in the world today, at both the Saskatoon Intergroup and Central Office level we are continuing to monitor the situation regarding the coronavirus (COVID-19) here in Saskatoon. We thought it important that we also send out a notice to our local fellowship in follow-up to the General Service Office of Alcoholics Anonymous, Inc. notice sent out by email late last week. All groups and individuals should now be thinking about this issue and whether or not any increased health and safety measures need to be put in place at our meetings and get-togethers for the foreseeable future. The following information may be of assistance in helping you to consider whether or not there is a need to take additional steps to mitigate exposure to this virus as we continue to try to carry the message to the alcoholic who still suffers.

**Each group remains autonomous in these decisions. Where you meet and how the meeting is to be conducted should be governed by your group conscience.**

For Intergroup and Central Office purposes please be aware of the following:

- All reasonable efforts will be made to continue on with all meetings arranged or co-ordinated by Intergroup and/or Central Office (e.g.: Welcome Group, Larson House, Calder, Intergroup and Central Office monthly meetings, etc.) If you have any specific questions or concerns please contact Rob I, Intergroup Chair, Ron M., Central Office Chair or the corresponding Trustee or Chair responsible for a specific meeting or other committee work involved.
- "Social distancing" and general health suggestions as provided by the GSO notice should be taken into consideration (e.g.: avoiding shaking hands and handholding, keeping hospitality tables sanitary, suspending food hospitality for the time being, spacing chairs farther apart, meeting online instead of in-person, etc.)
- If the facility where the meeting is being held decides we are not able to meet there due to their own policy decisions, a notice will be sent to the fellowship advising of the cancellation of that meeting, and will include additional details as may be available at that time.
- Central Office will continue to remain open and operating at normal business hours. Any changes to the normal schedule will be announced, by email.
- We will continue to monitor the local health authority recommendations regarding closures, and if there are changes, we will advise the fellowship by email.

We know that the situation is changing rapidly and we will continue to monitor it as closely as possible.

In general, we would like to remind you that some of the most effective ways to prevent the spread of disease are through appropriate "social distancing" and:

- **Washing your hands regularly.** Wash your hands after using the restroom, touching your face, eating, drinking, coughing, or sneezing, and at regular intervals throughout the day. Use warm soapy water and wash your hands for at least 20 seconds, or the time it takes to sing "Happy Birthday" twice. Alternatively, alcohol-based hand sanitizer is effective.
- **Following proper cough and sneeze hygiene.** Cover your nose or mouth with a tissue or your elbow — not your hand — and discard the tissue immediately after.
- **Staying at home if you are sick.**

If you desire additional information pertaining to Novel Coronavirus - COVID-19 – the following websites are good sources to use.

- Public Health Agency of Canada <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Central Office and Intergroup exist to support our fellowship journey. We wish you all continued sobriety, health and wellness in the days to come.

In service,

Ron M., Central Office Chair

Rob I., Intergroup Chair