

CORONA VIRUS FACT SHEET

The Northeastern Conference is closely monitoring the Novel (new) Coronavirus situation. Below are some facts that we need to know about the N-coronavirus 2019 and how we can prevent and protect ourselves and fellow brethren from being infected.

The World Health Organization (WHO) has declared the outbreak to be a public health emergency of international concern. It is confirmed that the infection can spread from person-to-person. As a community it is important that we are prepared for the potential impacts as this virus is likely to spread further. It is said **that an ounce of prevention is better than a pound of cure.**

First, we should be spiritually prepared. We will not allow fear to paralyze us. The Bible says of the righteous person, “He will not be afraid of evil **tidings or bad news**; **His heart is fixed**, trusting in the Lord.” (Psalm 112:7)

In Luke 21: 25 - 26, Jesus warns us that heart failure will be a sign of the last days. “ And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; **Men's hearts failing them for fear** and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.” He also admonished us that we should pray and not panic or pray and not lose heart. (Luke 18:1)

Since faith without actions is dead. We must take corresponding actions to demonstrate our faith which is based upon established facts:

- 1) This virus is most likely transmitted from person to person in close contact (within 6 feet proximity)
- 2) **Prevention is essential to contain the spread of this virus:**
 - a) The best method of prevention is to avoid contact with the virus. Stay away from sick individuals
 - b) Wash your hands with soap and warm water regularly when you travel from out of your home and especially if exposed to a sick contact.
 - c) Always sneeze or cough into a tissue or your elbow. Do not cough or sneeze in your hands or on others
 - d) If you develop symptoms of the virus such as fever or cough, do not leave your home except to seek medical attention. Call ahead so that they can immediately isolate you upon arrival.
 - e) Do not attend church services or school if you have symptoms of fever or cough.
 - f) Avoid sharing items for personal use such as drinking cups, towels or handkerchiefs.
 - g) Avoid visiting markets, selling carcasses or live animals.
- 3) If you believe you have contracted the virus and develop shortness of breath, contact your medical provider or hospital immediately.
- 4) Church and schools should purchase automatic dispensed hand sanitizers and place them at appropriate locations for members, guests, students, parents and teachers to use.
- 5) There is no medicine or vaccine for this virus as yet. So, a healthy and strong immune system will be your best line of defense.

Simple ways to keep your immune system strong include-

- a. Avoiding excessive worry and stress.
- b. Switching from a meat diet to a whole food plant-based diet with abundance of fresh fruits, vegetable, seeds legumes and nuts.
- c. Getting 7 to 8 hours of sleep each night and exercising on a regular basis.

Below are the ingredients for Nature's Flu Tea to help build your immune system:

1 orange washed & sliced

1 grapefruit washed & sliced

3 lemons washed & sliced

1 medium onion, peeled and sliced

3 bulbs of garlic, washed & cut in skin

Put in a pot Add 6 cups of water Boil for 5 minutes

Next, pour in colander (strainer) to strain

Drink 2oz. 3-4 times daily, or 1 cup daily

If you have the book God's Farmacy, you can use Nature's Penicillin on P. 63.

- 6) Calm your fears by following the above guidelines and put your faith in God and His Word.

He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. Surely, he shall deliver thee from the snare of the fowler, and from the noisome pestilence... Thou shalt not be afraid for the terror by night, nor for the arrow that fileth by day. Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee... Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways." (Psalm 91)

We encourage you to stay alert with updates from the Centers for Disease Control (CDC), your State and Local Government and endeavor to follow the principles that God has outlined in the 8 Laws of Health to keep us in the best of health. Remember to Pray and not Panic. Additional information from NYC Health is also attached.



Northeastern Conference
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Health Ministries Department