

Information & resources regarding Coronavirus COVID-19



Updated: March 13, 2020

Dear Church Member/Friend:

The Bible has powerful messages for every occasion. God wants us to live a healthy life. “Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” [3 John 1](#) (NASB)

The risk of coronavirus has reached us here in BC and this is a concern for all of us. However, we should not allow this to create an atmosphere of fear and instability amongst us. We need the balance of faith and common-sense precautions during this time.

This is a time to heed “down to earth simple” precautions to safeguard our personal health with:

- Good hand hygiene practices
- Respiratory politeness
- General immunity boosting wellness habits
- Confidence in God

Illnesses change but basic preventative measures do not. We recommend some very important steps to help prevent the spread of flu and the common cold that could reduce the risk of coronavirus. We should:

- Avoid close contact with people who are sick.
- Avoid touching our eyes, nose, and mouth.
- Decide to stay home when feeling sick.
- Cover our cough or sneeze with a tissue, then disposing it properly in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Develop the habit of washing our hands regularly and thoroughly with soap and water, especially after using the washroom; before eating; and after blowing our nose, coughing, or sneezing.
- When soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Clean frequently touched surfaces with soap and water.
- Contact family and friends who live alone—especially those with chronic diseases. If living alone, keep in touch with friends and family to check in case we get sick.
- **Seek medical evaluation when experiencing a fever, cough, or difficulty breathing.**

- According to Health Authorities, most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.
- Watch for signs of sickness at home. It is imperative not to share personal items.
- *If someone in our household is sick, we should stay home to avoid unknowingly spreading the virus to others. Self-quarantining is making the right choice for ourselves and everyone else in our community. Consider a work-at-home, learn-at-home and worship-at-home options.*

Proactive actions safeguard the health and wellbeing of our families, churches, schools, workplaces, and communities.

Resources & Additional Information

- ARM Resources:
 - <https://www.adventistrisk.org/en-us/safety-resources/information-regarding-coronavirus>
 - <https://www.bcadventist.ca/wp-content/uploads/2020/03/IFS-ARM-COVID-19-Prevention-and-Planning-Resources-for-Schools-EN.pdf>
- Seventh-day Adventist General Conference - Elder Ted Wilson message about Coronavirus COVID-19: <https://www.youtube.com/watch?v=qEryTp6oMs>
- General Conference Adventist Health Ministries article by Dr. Peter Landless: <http://healthministries.com/articles/homepage/coronavirus-update>
- Seventh-day Adventist Church in Canada: <https://www.bcadventist.ca/wp-content/uploads/2020/03/RECOMMENDED-CHURCH-GUIDELINES-COVID-19-SDACC.pdf>
- ADRA Canada: <https://www.bcadventist.ca/wp-content/uploads/2020/03/COVID-19.pdf>
- Government of Canada: <https://travel.gc.ca/travelling/health-safety/mass-gatherings>
- BC Centre for Disease Control: [http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel)) \
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>