COVIT-19 - BC Conference Health Ministries Advisory Guideline

The BC Conference Health **Ministries Advisory** has put together a suggested guideline on how prevent the transmission of the Coronavirus. Also, there is an informative video on how to provide hot and cold fomentations for those experiencing the build-up of fluids in their lungs as a result of a virus. This procedure may help prevent the need of going to the already overcrowded hospitals. This is not a replacement of medical care, but a home remedy that proved life-saving 100 years ago.

Home Remedies

During the 1918 flu, Adventist and other health care workers used hot and cold fomentations on afflicted patients with good outcomes. During this present crisis our health care system is so over crowded the present advice is to stay at home unless the patient is in critical condition. With the use of fomentations in the home the patient can start right away and hopefully avoid the worsening of their condition. We encourage pastors and members to not only share this information to those who may be experiencing symptoms of any flu or respiratory issues as a way to connect with their community, but to watch the less than 30 minute how to video here. https://vimeo.com/403164430

BC Health Committee COVID-19 Response

While we find ourselves living in such unprecedented times of physical distancing, self-isolation, and sanitizing, it is important that we understand the current public health measures being taken are not new. The sweeping and strict public health measures being instituted are similar to those put in place during the Spanish Influenza Pandemic of 1918. The foundation for principles of public health were instituted in the wilderness when God provided measures to keep the Israelites from spreading disease in the camp. Today, our public health officials in British Columbia are charged with instituting measures to keep British Columbians and fellow Canadians from spreading disease, particularly to our most vulnerable citizens.
Public health measures are essential tactics instituted to stop or limit the spread of COVID-19. While they put limits on our ability to worship together and minister to our communities, they are essential for keeping our church and community members safe from disease transmission.

The British Columbia Center for Disease Control has provided a series of useful handouts to guide us through this pandemic. We urge you to read these and follow their guidance closely.

- **Physical distancing:** http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Physical-distancing.pdf
- **Self isolation if you have respiratory symptoms:** http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf
- **Self isolation: Guide for caregivers and household members:** http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_caregivers.pdf
- **Do's and don'ts of self isolation for contacts and travellers:** http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf

Self monitoring for contacts and travellers: http://www.bccdc.ca/Health-Info-Site/Documents/Self-monitoring.pdf