

COVID-19

KNOW IT TO PREVENT IT

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

HOW COVID-19 SPREADS?

1. Person-to-person spread

- Close contact with one another
- Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

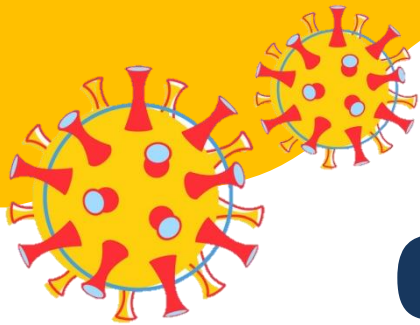
2. Contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes but this is not the main way

3. How easily the virus spreads?

How easily a virus spreads from person-to-person can vary. The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.





COVID-19

HOW TO PROTECT YOURSELF AND OTHERS?

1. Clean your hands often



Wash your hand often with soap and water for at least 20 second especially have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not available use a hand sanitizer contains at least 60%. Avoid touching eyes, nose and mouth.

2. Avoid close contact : physical distancing



Maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. Remember that some people without symptoms may be able to spread virus.

3. Cover your mouth and nose with a cloth face



You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a clothface cover when they go out in public. Do NOT use a facemask meant for a healthcare worker. Keep a physical distancing because face cover is not a substitute for physical distancing.

4. Cover coughs and sneezes



Always cover your mouth and nose with a cloth face, tissue when you cough or sneeze or use the inside of your elbow. If you use tissue, throw it in the trash and wash your hand immediately.

5. Clean and disinfect



Clean and disinfect frequently touched surfaces daily like tables, doorknob, light switches, handles, phones, keyboards, etc. One of disinfectant could be bleach solution : 5 tbs bleach / gallon of water.





COVID-19

BE #READY FOR CORONA VIRUS



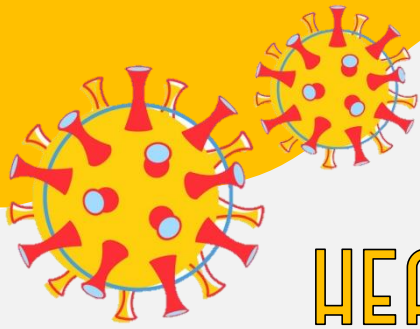
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.





HEALTHY DRINK

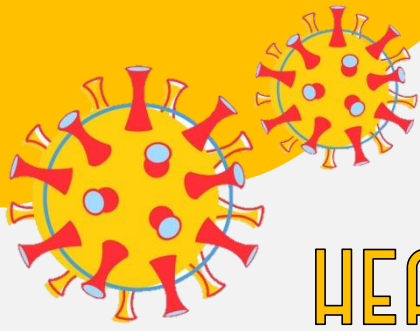
Pear & Ginger Tea

Ginger is good to help treating cough and cold. Also ginger have antiviral agents and can help to sooth inflammation. Pear contains luteolin that is good for treating inflammation in lung and cough.

How to make?

1. Juice the pears together with the skin
2. Boil water, ginger, and honey
3. Strain it and mix with pear jucie.





HEALTHY DRINK

Frosty Fruity Smoothie

Improve your immune system through strengthen your gut. With banana and stawrberry that have vitamins, minerals and phytochemical, help you strengthen your immune system.

How to make?

1. Pre-frozen banana and strawberry
2. Blend frozen banana and strawberry with almond milk or yoghurt as you prefer.





HEALTHY MEAL

Veggie Poke Bowl

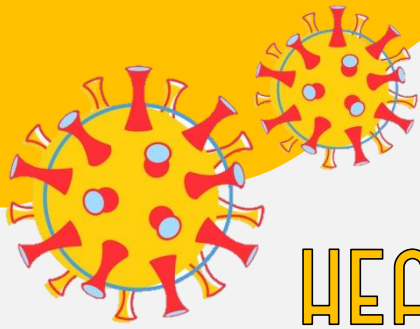
Ingredients :

1 cup brown rice	250 gr boiled silk tofu, diced
1 cup edamame, washed	½ pc avocado, peeled & sliced
1 pc small cucumber	1 sheet of roasted seaweed
3 tbs sesame oil	2 tbs sesame seeds
2 tbs Liquid coconut amino	

How to make :

1. Roast sesame seeds without oil until it smells good and set aside.
2. Season the tofu with a pinch of salt and liquid coconut amino, stir and set aside.
3. Boil edamame until tender, peel and set aside.
4. Slice cucumber like a stick, set aside.
5. Put 1 cup of brown rice in a bowl, put 2-3 drops of sesame oil and stir well. Put all other ingredients on the top of the rice. Sprinkle with roasted sesame seeds.





HEALTHY SNACK

Carob Cake

Dry Mix Ingredients :

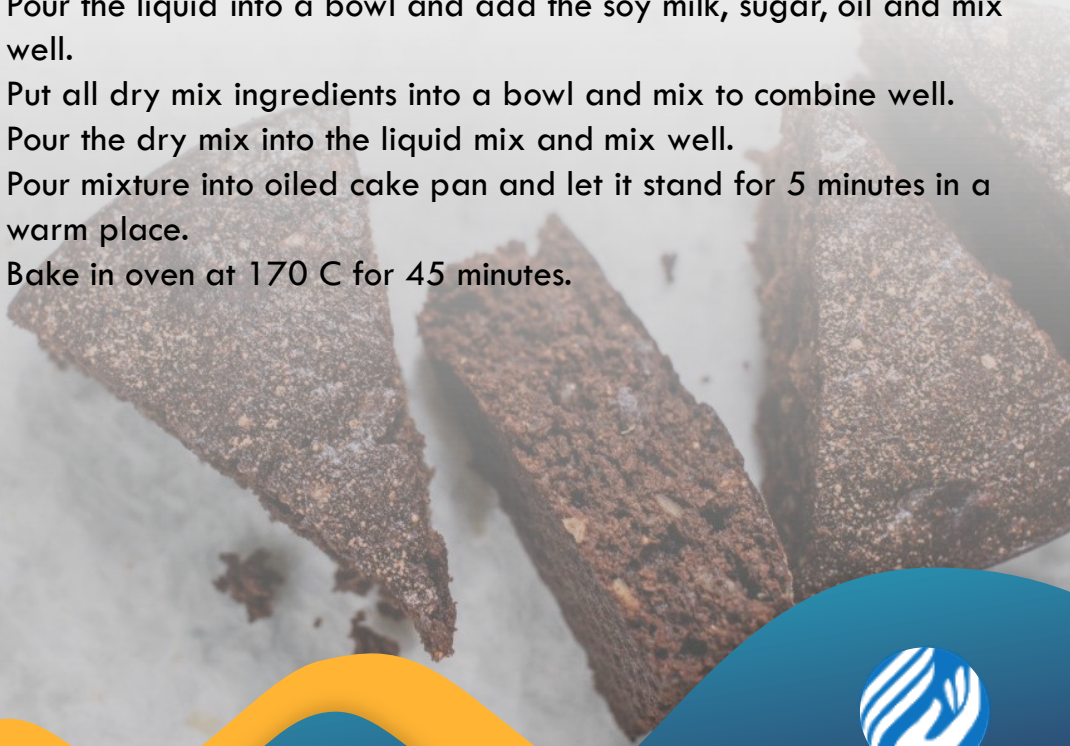
500 gr Atta flour ¼ cup walnuts
½ tsp salt 1 tbs baking powder

Liquid Mix Ingredients :

1 cup water 2/3 cup carob powder
1 tsp flaxseed powder 500 ml soy milk
1 cup oil 1 cup sugar

How to make :

1. Preheat oven to 170 C.
2. Boil water in the pot' stir carob powder in until dissolved; add flaxseed powder and mix well.
3. Pour the liquid into a bowl and add the soy milk, sugar, oil and mix well.
4. Put all dry mix ingredients into a bowl and mix to combine well. Pour the dry mix into the liquid mix and mix well.
5. Pour mixture into oiled cake pan and let it stand for 5 minutes in a warm place.
6. Bake in oven at 170 C for 45 minutes.





COPE WITH *Quarantine*

In addition to the uncertainty and stress of the global outbreak, spending time in quarantine can take a serious mental toll. The isolation imposed by quarantine frequently leaves people feeling that they have no control over the situation. They also feel cut off from the rest of the world and unable to perform their usual duties. People commonly experienced fear, sadness, insomnia, confusion, anger, low mood, stress, etc. **What can we do to cope?**

1. **Establish routines.** Plan out activities that will keep everyone busy and try creating a daily schedule but don't get too wrapped up. If you're working or schooling from home make it like a regular workday.
2. **Be as active as possible.** Try home workout ideas from youtube, other social media, fitness apps, that can help keep you moving even when you are stuck inside the house. Physical activity can help to keep the health of both mentally and physically.
3. **Keep working on projects and find new creative hobbies.** Getting things done can provide a sense of purpose and competency. Keep your brain and body busy and be creative at the same time.
4. **Communicate.** You might be in a physical distancing but not a social distancing. Use this time to stay in touch with your family, old friend, best friend through phones and social media.





COPE WITH *Quarantine*

5. **Stay informed, but not overwhelmed.** Get helpful information from reliable source like from government, CDC and WHO.
6. **Remember why you are doing this.** You do this to protect yourself and others. You help your world to solve this problem slowly and not make it worse by flattening the curve. Slowing the spread of the illness helps keep the number of sick people at a level that hospitals are able to treat. If infection rates spike abruptly as the disease spreads, hospitals and health care workers can be overwhelmed and unable to adequately treat everyone.
7. **Use your time to read Words of Hope and pray.**

*“The Lord has done great things for us, and we are glad.
Bring back our captivity, O Lord, as the streams in the South”*
Psalm 126:3-4





The Spiritual Lesson FROM COVID-19

Stay and Lock down in Jesus will guarantee God's people can arrive in the heavenly home safely. We do not expect it nor do we want it to spread to various parts of the world including to Indonesia, but somehow this disaster is happening in our midst.

There are seven important lessons we can get from disasters

1. This CoVid19. Let's discuss them one by one. CoVid19 was initially contracted from one person but later spread to many people. Thousands, tens of thousands, hundred thousands, maybe even millions of people. By analogy, so too is the virus of sin and death. Sin and death come from one person, namely Adam and Eve. All people in this world (except Jesus Christ), who are descendants of Adam and Eve, have been infected with the virus of sin and death (Rom 3:23). Initially, one person sinned, but then all people become sinners.
2. Live a Healthy Lifestyle. Yes, this is very important. This is a must. The Apostle John also said his hope to Elder Gaius, "Dear friend, I pray, that you are well and healthy in all things, just as your soul is well." 3 John 2. By living a healthy lifestyle consistently and optimally, hopefully we can get through this crisis by staying healthy and doing well. For that we need to practice faithfully and consistently the Natural Medicine (CELEBRATIONS) that has been given to us.
3. Keep yourself clean (stay clean). We need to maintain cleanliness. Use sanitizer, wash hands with soap and running water. After returning from work or from outside the house, shoes are opened outside, making sure to change clothes and take a clean bath. By analogy, so is our mental and spiritual health. Our spiritual life must stay clean. We must live cleanly before God and of course before others. King David said, "Lord, who can stay with your tent? Who may dwell in your holy mountain? Namely he who acts without blemish, who does what is just and who tells the truth with all his heart (Psalms 15: 1, 2).





The Spiritual Lesson FROM COVID-19

4. Keep your distance from others (Physical Distance). We are advised not to get close to other people at least 1.5 or 2 meters. Some even advocated further, 8 meters. Don't join the crowd. Don't get together. All of this is intended so that we don't get infected or don't spread CoVid19 to other people. By analogy, so is our mental and spiritual health. Paul reminded the Corinthian church members of his day not to get along well with people who could influence them far from God. He wrote, "Do not be misled: Bad associations destroy good habits." He also reminded, "Therefore, come out of them, and separate yourself from them, saith the Lord, and do not touch what is unclean, so I will receive you." (2 Cor 6:17).
5. Use Personal Protective Equipment. In addition to maintaining health stamina and personal hygiene, we are also asked to use Personal Protective Equipment (PPE) in accordance with the circumstances and conditions of each respectively. At the very least, we are expected to use masks, gloves, coats etc. All of this is intended to protect us from transmission of the CoVid19. This PPE is like a shield that wraps us so it is not easily penetrated by CoVid19. By analogy, so is our mental and spiritual health. Paul asks the believers to put on all of God's armor (Eph 6: 13-18).
6. Prepare to face a more devastating disaster. Terrific CoVid19. Horrible. All aspects of our lives are affected badly. But God's word warns us that before the second coming of Christ there will be even more terrible disaster. For now, not all who have been infected by CoVid19. The healthy, the strong, who are careful to take care of themselves are not affected. But the time will come that the end-time disaster will no longer be a matter of health and physical strength and careful guardianship but a disaster related to our spirituality.
7. Stay at Home / Lock down. Stay at home, work from home. Do not go anywhere. School children study at home. Order needs on line only. Just don't go anywhere, unless it's inevitable. This is absolute. Non-negotiable. People or groups who disregard this rule have proven to be forced to suffer fatal consequences. The Book of Proverbs warns, "If a wise person sees disaster, he hides, but an inexperienced person goes on, and is hit by woe." (Proverbs 22: 3)

Stay and Lock down in Jesus will guarantee God's people can arrive in the heavenly home safely. Only those who have been sealed with God's seal of protection can finally arrive at the heavenly home safely. This is the fulfillment of our hope that is full of happiness (blessed hope).

