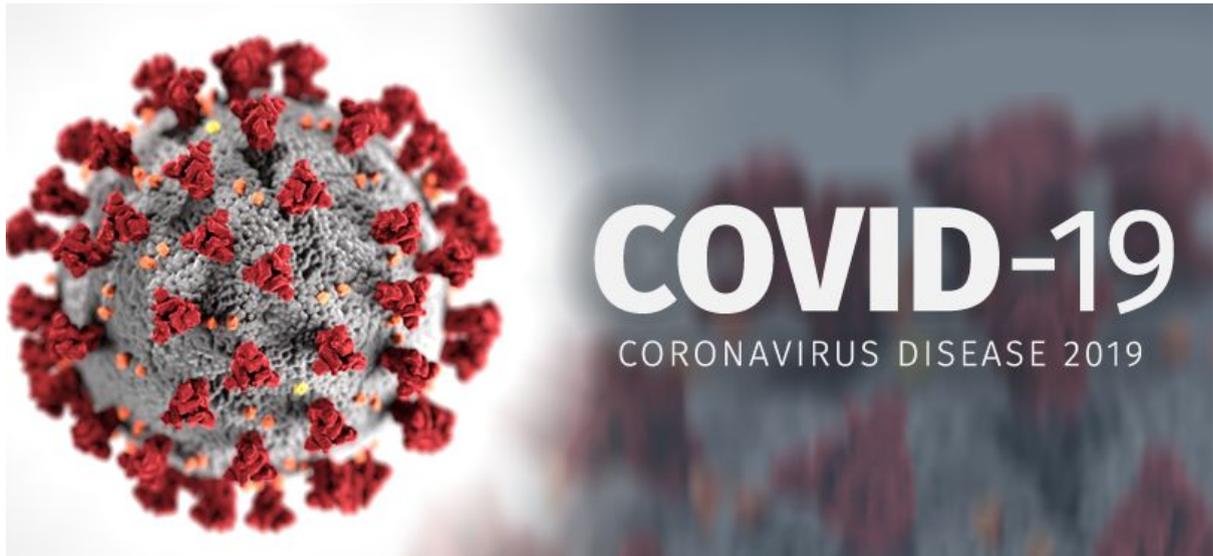


The LifeGate Manual



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Introduction to the LifeGate Public Health Teaching on COVID-19

The whole world has been shaken by the global pandemic that is COVID-19 caused by the SARS Co-2 virus. Preventing the spread of this infectious disease is a priority in order to reduce loss of life. The aim of this LifeGate teaching is to educate and empower communities to take steps to improve their health outcomes during this crisis.

Health encompasses not only physical health, but mental, emotional and spiritual health. While written from the perspective of a Christian worldview, these lessons are relevant to those of any, and/or no, faith. All scripture references are from the NKJV unless otherwise stated. As you engage with this material in the communities you serve, “May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13).

Dr Rebecca Williams,

Johannesburg, South Africa, April 2020

Disclaimer:

While every effort has been made to ensure that this material is factually accurate, it is not intended to be a substitute for seeking professional medical advice. Nor is it intended to replace any policies or protocols produced by any government bodies. None of the authors, contributors, administrators, or anyone else connected with LifeGate, in any way whatsoever, can be responsible for your use of the information contained in or linked from these documents.

Dr Brenda Jones,

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1. Introduction

- It is important to provide information on health promotion and disease prevention practices that have the ability to save lives during this worldwide COVID-19 infection
- COVID-19 has become a pandemic and has spread to people all over the world
- Health educators must rise up and learn the facts about COVID-19 in order to teach others how to prevent the spread of this infectious disease

Learning Objectives:

1. Provide a framework to better understand the transmission of COVID-19 (coronavirus) and how to prevent the spread of infection
2. Discuss health promotion and disease prevention from the LifeGate perspective
3. Explore the role of health education trainers in teaching others the facts about COVID-19
4. Develop a plan to promote healing of the body, soul, and spirit due to the worldwide outbreak of COVID-19
5. Engage in starting a Revival of Health that spreads all over the world—beginning in your country

1.1 The LifeGate Principles of Community health

2 Timothy 2:1-2 *You then, my son, be strong in the grace that is in Christ Jesus. ²And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.*

We start with 5 Principles; 5 main ideas we will build on:

1. The gospel is good news! It is God's love that provides the means for us to be healthy; Jesus makes us whole in ALL our relationships.

2. God has given resources to every community, which can be used to improve health.
3. The most effective way to improve health is to start talking together.
4. Most disease is preventable.
5. Taking action improves health.

1.1.1 Principle 1: Good News!

- In the midst of the global COVID-19 pandemic crisis the world is experiencing, we know that God (Father, Son and Holy Spirit) is still in control of the world He created
- Even though man disobeyed God and sin entered the world along with sickness and death, we have an advocate with the Father through Jesus Christ that we can ask for health and healing from all diseases
- The work of Jesus on the earth demonstrated what God is like—loving people, healing the sick and casting out demons
- We have the opportunity to accept Jesus Christ as our Lord and Saviour and become new creations as we are born again through the work of the Holy Spirit living within us
- **John 3:16** *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life*
- Jesus came to earth that we might be whole in every way; to restore a right relationship with Him, with ourselves, with others and with the world around us.
- Good health involves restoration of all our relationships
- **1 Thessalonians 5:23** *Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ*
- The Bible teaches that we are spirit, soul and body, we cannot be healthy unless we are healthy in our spirits, our souls (mind, will and emotions) and our bodies

1.1.2 Principle 2: Community assets

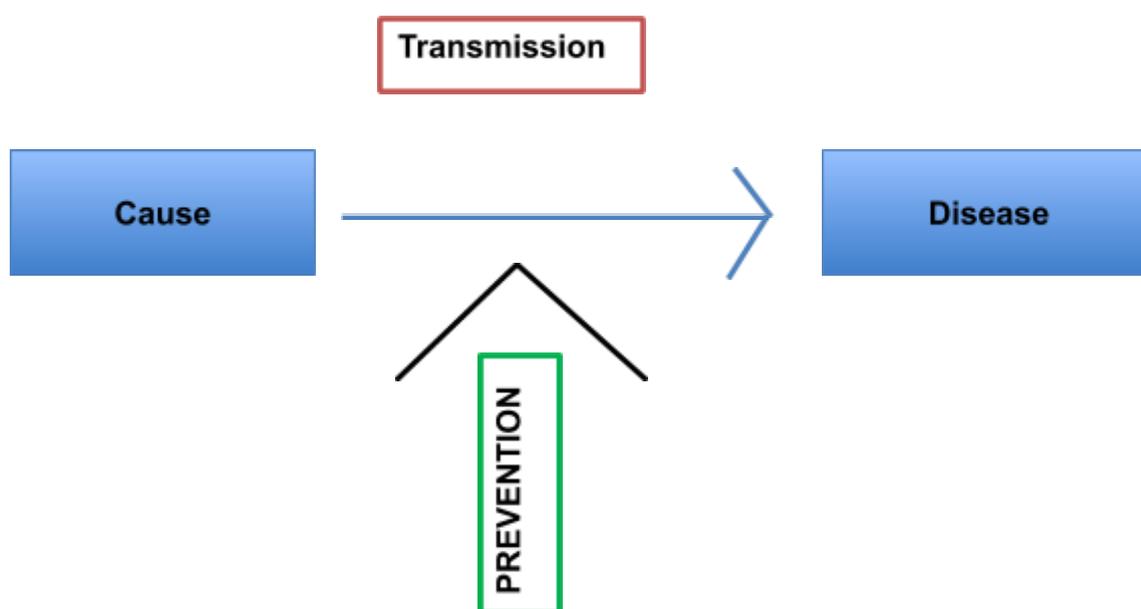
- **Acts 17:26** *From one man He made all the nations, that they should inhabit the whole earth; and He marked out their appointed times in history and the boundaries of their lands*
- God determined when and where we would live- we are not here by accident
- **Romans 15:5-7** *Now may the God of patience and comfort grant you to be like-minded toward one another, according to Jesus Christ that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ*
- We are to celebrate all the good things that God has given every community

1.1.3 Principle 3: Discuss health needs

- The focus during the pandemic is COVID-19 as the primary health need in all communities
- Who is in control?
- **Luke 8:22-25** *Now it happened, on a certain day, that He got into a boat with His disciples. And He said to them, "Let us cross over to the other side of the lake." And they launched out. ²³But as they sailed, He fell asleep. And a windstorm came down on the lake, and they were filling with water, and were in jeopardy. ²⁴And they came to Him and awoke Him, saying, "Master, Master, we are perishing!" Then He arose and rebuked the wind and the raging of the water. And they ceased, and there was a calm. ²⁵But He said to them, "Where is your faith?" And they were afraid, and marvelled, saying to one another, "Who can this be? For He commands even the winds and water, and they obey Him!"*
- Jesus expected the disciples to use the authority that He had given them to rebuke the storm
- We sometimes ask God to do things for us when He wants us to take action and partner with Him. During this time of COVID-19, we must take the necessary precautions to prevent the spread of disease

1.1.4 Principle 4: Most disease is preventable

Infectious or communicable diseases are caused by microbes (bacteria, viruses, parasites etc) and can be passed from one person to another. The way that they are passed from one person to another is called the transmission. If we want to prevent a disease, we have to understand how it is transmitted and that's where we can take action to prevent the disease spreading.



1.1.5 Principle 5: Taking action improves health

- **James 1:22** *But be doers of the word, and not hearers only, deceiving yourselves*
- **Matthew 7:24-27** *“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: ²⁵ and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. ²⁶ “But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: ²⁷ and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.”*

- It is up to healthcare workers and to all of us to get the word out to all communities how to take the appropriate actions to protect themselves.

Example of Covid-19 Action Steps for all communities:

Problem	Required Actions
COVID-19	Wash hands for 20 seconds with soap and running water
	Cover coughs and sneezes
	Social distancing –2 meters
	Do not touch the face with unwashed hands

1.2 What is COVID-19 and where did it come from?

- *The name of the disease is **Covid-19**, and the virus name is **SARS Co-2***
- **COVID-19 stands for “coronavirus disease 2019”**
- It is a novel virus—a new virus that has never been seen before in humans
- The 2019–20 coronavirus disease was first identified in Wuhan, Hubei, China in December 2019
- Came from animals to humans; thought to have come from a live animal market
- COVID-19 infection can cause severe infection and swelling in the respiratory system and make it hard for the lungs to pass oxygen throughout the body—this leads to internal organ failure and death.

1.3 Why is it serious?

- It is a virus that has spread all over the world—across continents and is infecting a large number of people (due to massive international travel)
- Humans do not have immunity
- There is no direct cure and no immunization

- Preventative strategies such as isolating people, are difficult to follow, especially where people are living in crowded conditions
- COVID-19 is considered more contagious and life-threatening than normal influenza (due to lack of immunity and need for additional oxygen/ventilation in severe cases)
- People at the greatest risk for COVID-19 infection are older people, those with heart disease, diabetes, cancer, and those with low immunity
- HIV/AIDS: People with advanced disease, those with low CD4 and high viral load and those who are not taking antiretroviral treatment (ARVs) have an increased risk of infections in general. It is unknown if the immunosuppression of HIV will put a person at greater risk for COVID-19 [1]

1.4 When will the pandemic end?

- This is unknown as this is a new virus
- We have limited research data at the moment
- At present, it appears that social distancing measures across the globe are working to slow the spread of the virus
- As people develop immunity, receive vaccines, or otherwise shield themselves from infection, the number of possible victims begins to decrease until the virus can no longer sustain itself
- Although medical experts are unable to completely predict when the pandemic will end, we know for sure that it will end!

1.5. FACTS over FEAR

- Know the medical information and facts of the coronavirus
- Avoid fake news and conspiracy theories
- Explore scriptures to support the faithfulness of God to heal our lands of this disease

- Fear, anxiety, and stress are damaging to the human immune system; therefore, it is important to live our lives with peace and assurance of God's protection
- **2 Timothy 1:7** *For God has not given us a spirit of fear, but of power and of love and of a sound mind*
- **Romans 8:15** *For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."*
- **2 Chronicles 7:14** *If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.*
- **It is better to Hope in God than to Hope in Hope**

2. Transmission of the Corona Virus

2.1 Types of transmission

As with colds and influenza, the virus is transmitted from the respiratory tract of an infected person in three ways [2]:

1. When an infected person sneezes or coughs, the virus is transmitted by droplets and is inhaled or comes into contact with the eyes, nose or mouth of people nearby.
2. When an infected person has the virus on their hands and makes physical contact with an uninfected person (handshake, hug, etc.).
3. By contact when the virus is transferred onto objects or surfaces (e.g. door handles, keyboards, telephones etc) by sneezing or coughing, or by the sick person having the virus on their hands, and others then

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



touch the contaminated object/surface and then touch areas of their face.

2.2 Incubation Period

This is the time between someone coming into contact with the virus and them developing symptoms.

- The incubation period for COVID-19 is most commonly 5-6 days [3]
- However, the time can range from 1 to 14 days before symptoms appear so people who have been in contact with someone who is infected need to be in quarantine for 14 days
- Some people become infected but do not have any symptoms

2.3 When are People Able to infect Others?

- People can pass the virus on to others before they get symptoms or become sick, while they have symptoms, and even days after they feel healthy again
- We don't know exactly how long people are contagious for as it is still being researched
- At the moment the CDC [4] says that if you have been sick you can leave your house if:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - at least 7 days have passed since your symptoms first appeared
- Information is constantly being updated- please check the websites listed at the end of this document

3. Symptoms of Coronavirus Disease

Reported symptoms range from NO symptoms to mild symptoms to severe illness and death for confirmed COVID-19 cases.

3.1 Common Symptoms

The following symptoms may appear 2-14 days after exposure:

- Fever (normal body temperature is 37 degrees) (body temperature >38 degrees is called a fever): When you have a fever or raised body temperature your breathing will increase, your heart rate will increase and water will evaporate from your body through sweating, all these are signs of increased body temperature.
- Cough
- Shortness of breath: Difficulty breathing, increased resistance when you breathe
- Sore throat
- Muscle pain
- Headache
- Exhaustion, have no energy, extremely tired when walking from one side of the room to the other
- Some people will experience diarrhoea and stomach pain.

3.2 Danger Signs of COVID-19

The following signs and symptoms indicate urgent medical attention is needed [4]

1) Difficulty Breathing

- Someone who is having difficulty breathing will not be able to speak in whole sentences
- Fast Breathing Rate: You can easily count this by holding your hand on the chest of the person, and if you have a watch you count how many times the chest rises in 30 seconds and multiply times 2; that will give you the breaths per minute
- Normal breathing for an adult is 12-18 breaths in a minute

- Noisy breathing - Listen for breathing that sounds like grunting (“Ugh” sound), wheezing or like mucus is in the throat. The COVID-19 pneumonia infection will cause difficulty breathing, shallow breathing and often you will hear breathing sounds from the lungs if you put your ear close to the chest. It sounds like crackles when the person takes a deep breath
- Clammy skin – the skin may feel cool but also sweaty. The head may be sweaty while the skin feels cool or clammy
- Body position- a person may spontaneously lean forward while sitting to help take deeper breaths. A child may lean forward or tilt his head up or backwards

2) Persistent pain or pressure in the chest:

Feeling a heaviness, resistance or pressure in the chest

3) Bluish lips or face:

A bluish colour seen around the mouth, on the inside of the lips, or on the fingernails may happen when a person is not getting as much oxygen as needed. This is likely to happen if the corona virus infects the lungs and causes what we call a viral pneumonia

4) Confusion:

Person becomes confused or you can't wake them up. This can be a sign of infection or a sign of low blood pressure.

3.3 Symptoms in Children

- Children generally show mild symptoms
- The symptoms of COVID-19 are similar in children and adults
- Symptoms in children include cold-like symptoms, such as fever, runny nose, sore throat and cough
- Vomiting and diarrhoea have also been reported
- Danger signs in children are:
 - Difficulty breathing

- Inability to keep down any liquids
- New confusion or a child may be sleepier, difficult to wake, fussier than usual, or "just not acting like himself"
- Bluish lips
- Normal respiratory rates for children [5]
 - <1 year: 30-40 breaths per minute
 - 1-2 years: 25-35 breaths per minute
 - 2-5 years: 25-30 breaths per minute
 - 5-12 years: 20-25 breaths per minute
 - >12 years: 15-20 breaths per minute

4. Prevention

4.1 Hand Washing

Coronavirus disease (COVID-19) spreads when mucus or droplets containing the virus get into your body through your eyes, nose or mouth, usually through your hands.

Hands are also one of the most common ways that the virus spreads from one person to another.

4.1.1 When Should I Wash my Hands?

To prevent COVID-19, you should wash your hands [6]:

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transport, markets and places of worship
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating

In general, you should always wash your hands at the following times:

- After using the toilet
- Before and after eating

- Before preparing food
- After handling rubbish
- After touching animals and pets
- After changing babies' nappies or helping children use the toilet
- When your hands are visibly dirty

4.1.2 How do I wash my hands properly?

Step 1: Wet hands with running or poured water (you do not need to leave the water running while you wash your hands).

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails and the thumbs – for at least 20 seconds. Sing a song that lasts 20 seconds e.g. “God is so Good” sing this twice;

Step 4: Rinse thoroughly with **running** or poured water

Step 5: Dry hands thoroughly in the air or with a paper towel that you can throw away

Stop Microbes: Wash your Hands Carefully



Figure 4.1 How to wash your hands

Making hand washing solution from 5% liquid bleach Use the **MILD** chlorine water to wash hands. Make new **MILD** chlorine water every day.

1 Mix 14 tablespoons of 5% bleach into 20 liters of water every day. Stir well. Label bucket **MILD** 0.05%.

2 Use the **MILD** chlorine water to wash hands.

Making hand washing solution from HTH chlorine powder Use the **MILD** chlorine water to wash hands. Make new **MILD** chlorine water every day.

1 Mix 1 tablespoon of HTH chlorine powder into 20 liters of water every day. Stir well. Label bucket **MILD** 0.05%.

2 Stir well and wait 30 minutes.

3 Use the **MILD** chlorine water to wash hands.

Do NOT drink chlorine water. Do NOT put chlorine water in mouth or eyes.

CS251658-6 November 3, 2014
U.S. Centers for Disease Control and Prevention

Figure 4.2 Making mild chlorine water to wash hands [7]

- To wash your hands, use water that is safe for drinking if at all possible
- It doesn't matter if the water is warm or cold as long as you use soap
- Help children to wash their hands properly
- If you don't have soap use ash or mild chlorine water (see figure 4.2)
- If you don't have access to a tap with running water, then build a Tippy Tap (see figure 4.3)



Figure 4.3 Building a Tippy Tap [8]

4.2 Cover Your Coughs & Sneezes

If someone coughs or sneezes into the air, the corona virus will spread through the air and other people can breathe it in. If you cough into your hands, the virus will be on your hands and can be spread when you touch someone or something. Coughing into your arm as shown in the picture is the safest thing to do. Cover your mouth and nose with a flexed elbow when coughing or sneezing:



4.3 Don't touch your face

Avoid touching your face as any virus on your hands can enter your body through your mouth, nose or eyes.

4.4 Social Distancing

Practice social distancing:

- Avoiding shaking hands, hugging or kissing people, sharing food, utensils, cups and towels
- Keep a distance of 2 metres between you and other people
- Avoid close contact with anyone who has cold or flu-like symptoms
- Stay at home as much as possible

4.5 Keep Surfaces clean

- Clean surfaces in the home more often
- Remember to clean door and cupboard handles and anything else that people touch regularly
- Pay special attention to surfaces you may not always clean

COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.** Illustration shows two people shaking hands, with a circular inset showing a person coughing into their elbow, with virus particles floating around.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.** Illustration shows a person coughing into a white tissue.
- Avoid touching your eyes, nose, and mouth.** Illustration shows a person's hand reaching towards their face, with a red prohibition sign over the hand.
- Clean and disinfect frequently touched objects and surfaces.** Illustration shows hands being washed with soap and water.
- Stay home when you are sick, except to get medical care.** Illustration shows a house with a bed icon inside a window.
- Wash your hands often with soap and water for at least 20 seconds.** Illustration shows hands being washed with soap and water, with virus particles being washed away.

 For more information: www.cdc.gov/COVID19

C314915-A

5. Caring for the sick

****Seek medical care early if you or your child has a fever, cough or difficulty breathing****

5.1 Stay well Hydrated

- We all need to drink lots of clean, safe water to stay healthy
- If someone is sick with a cough or fever, they need to drink more water than usual
- Breastfed infants should be breast fed more often if they are unwell
- Women with COVID-19 can continue to breastfeed [9]. They should wear a mask if available; wash their hands before and after touching the baby; and routinely clean and disinfect surfaces they have touched. If too unwell to breastfeed due to the virus or other complications, mothers should be supported to safely provide newborns with appropriate milk in any way possible

5.2 Ways to disinfect water

Water that has been properly disinfected should be used for drinking, cooking, brushing teeth, washing hands and washing dishes.

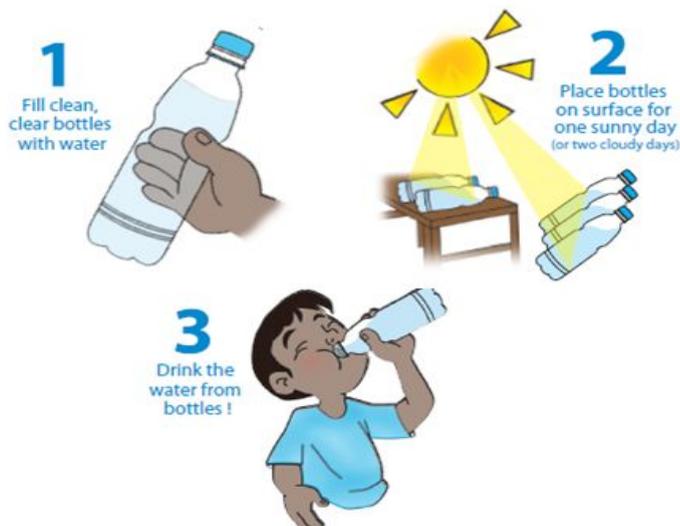
5.2.1. SODIS (solar disinfection)

The SODIS method uses the sun's energy, especially the UV-A radiation to kill bacteria [10].

1. Wash a plastic bottle: The bottle must be clean, transparent, colourless, 2 litres in volume or smaller, and have all plastic or paper labels removed. We recommend using PET bottles and to wash them with soap before the first usage.

2. Fill bottle with water: Water is poured into a PET bottle. The water should not be very cloudy- if it is then filter it through a clean cloth first.

3. Expose bottle to the sun: The bottle is exposed to direct sunlight for one full day (at least 6 hours including noon hours) on mostly sunny days, or 2 days when the sky is more than 50% clouded. On days of continuous rainfall, SODIS should not be used.



Make sure bottles are exposed to direct sunlight during exposure and are never shaded by trees, houses or other objects. Expose bottles horizontally, or slightly inclined, so that the penetration depth for radiation is minimized (long side facing the sun).

4. Store water: The treated water is stored in the bottles until consumption in order to avoid re-contamination.

Do not store the water for long periods to minimize the risk of bacterial re-contamination or re-growth. Consumption within a day or two is recommended.

Water should be consumed directly from the bottles or poured into a clean cup or glass. If another container is used for storage and/or cooling, the guidelines for safe storage must be followed.

5.2.2. Boiling

- Boiling is sufficient to kill pathogenic bacteria, viruses and protozoa [11].
- If water is cloudy, let it settle and filter it through a clean cloth

- Bring water to a rolling boil for at least one minute. Water boils at a lower temperature as altitude increases, and 1 minute of extra boiling time should therefore be added for every 1000 metres above sea level [5]. E.g. Harare is at 1 490m so boil water for three minutes [6].
- Let water cool naturally and store it in clean containers with covers



→ rolling boil

5.2.3. Disinfect water using household bleach:

Add 1 capful to 25 litres or 2 -4 drops to 1 litre. The amount depends on the concentration of bleach- check the bottle.



Only use regular, unscented chlorine bleach products that are suitable for disinfection and sanitation as indicated on the label. Do not use scented, colour safe, or bleaches with added cleaners.

- If water is cloudy, let it settle and filter it through a clean cloth
- Locate a fresh liquid chlorine bleach or liquid chlorine bleach that is stored at room temperatures for less than one year
- Use 2 drops if 8%; 4 drops if 5% for 1 litre. Use 1 teaspoon for 20 litres

Stir and let stand for at least 30 minutes and longer if the water is cold. The water should have a slight chlorine odour. If it doesn't, repeat the dosage and let stand for another 30 minutes before use.

If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use.

5.3 Safe Water Storage

- clean container
- narrow opening
- lid to cover the opening
- water stored away from animals and small children
- withdrawal through a tap/spigot integrated in the storage container or with a clean ladle.



Image is from CAWST and licensed under The Creative Commons Attribution 4.0 International license: <https://creativecommons.org/licenses/by/4.0/>. The original is located at: <https://resources.cawst.org/poster-set/f7050959/water-sanitation-and-hygiene-poster-set>

5.4 Treating a Fever

A fever is usually a sign that someone is fighting an infection. A high fever (>39

degrees) can sometimes cause a seizure, especially in a young child.

- Someone may have a fever if they feel hotter than usual when you touch their forehead, back or stomach
- They feel sweaty or clammy
- They have flushed cheeks

If someone has a fever you should:

- Encourage them to drink plenty of clean water – offer regular breastfeeds if you're breastfeeding a baby
- Give them **paracetamol** (Ibuprofen and other non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided in COVID-19 infection as there is some evidence that it might make the illness worse)
- Use a clean face cloth and lukewarm/tepid (not cold) water to cool someone down if they feel very hot
- Give them small amounts of healthy food if they want it, but don't force a child to eat
- Look out for signs of dehydration – these can include a dry mouth, no tears, sunken eyes and, in babies, fewer wet nappies and a sunken fontanelle (the soft spot on the head)
- Check on the person from time to time during the night
- Keep them away from other people
- Make sure they are not wearing too many clothes

*****Seek medical care if someone has a high fever, difficulty breathing, pain or pressure in the chest, they become confused, their lips or face look bluish, they are dehydrated, they are very young or very old, or have an underlying medical problem such as diabetes or heart disease or you are concerned about their condition in any way. *****

5.5 Prevent the spread of germs when caring for someone who is sick with COVID-19.

- Have the person stay in one room, away from other people, including yourself, as much as possible
- Avoid sharing personal household items, like dishes, towels, and bedding
- If facemasks are available, have them wear a facemask when they are around people, including you
- If the sick person can't wear a facemask, you should wear one while in the same room with them, if facemasks are available
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person
- Avoid touching your eyes, nose, and mouth
- Every day, clean all surfaces that are touched often, like counters, table tops and doorknobs
- Wash laundry thoroughly, keep the laundry away from your body and wash your hands afterwards
- Avoid using fans when in the same room as an infected COVID-19 person
- Avoid having any unnecessary visitors

6. Mental / Emotional / Spiritual Health

As the COVID-19 pandemic sweeps across the world, it is causing widespread concern, fear, anxiety, and stress, all of which are natural and normal reactions to the changing and uncertain situation.

Individual people react differently to stress, some people may experience severe anxiety or depression, so it is important to watch for signs of mood changes in people around you.

Normal behaviour as a result of a crisis includes:

- Preoccupation with loss
- Feelings and expressions of guilt and anger

- Disorganisation and disruption of daily routine
- Feelings of anxiety and lack of control over circumstances

6.1 Stress and trauma

Stress can be caused by the following factors during the pandemic:

- Infection with coronavirus
- Exposure to someone who has coronavirus
- Concern for the health and wellbeing of self, family and friends
- Anxiety during quarantine and lockdown situations (physical circumstances as well as potential relationship conflict)
- Loss of job or source of income
- Scarcity of resources (food, water, shelter, medical care)
- Feeling of loss of control over situation
- Lack of information (e.g. about the duration of the pandemic)
- Uncertainty about the future

6.1.1 The Effect of Stress on the Body

- Stress causes the body to release a hormone called cortisol, which, along with adrenaline assists the body in coping with short-term stressful situations e.g. escaping from danger
- The body cannot distinguish between real stressful situations and stress from anxious thoughts and worry (self-induced), so cortisol may be released even when there is no physical threat
- When cortisol levels are too high for too long, for example if someone is constantly worrying, this hormone can cause damage to the immune system, exposing the body to increased infections and disease

3 John 1:2 *“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”*

Stress can be reduced by:

- Managing your thought processes to reduce anxiety
- Recognising that there are things that you cannot change - focus on what you can do
- Eating a balanced diet (reduce sugar intake) and drinking enough clean water
- Sleeping well
- Relaxation techniques (deep breathing)
- Laughing and having fun
- Doing something you enjoy
- Exercise
- Healthy relationships
- Actively thinking about things that you are grateful for

One of the first steps towards healing stress and trauma is recognising the symptoms, and also acknowledging that the response to the crisis is normal and not wrong.

6.2 Quarantine/Lockdown/Self-isolation

This is necessary to prevent the spread of the virus. Please follow your government guidelines carefully to protect yourselves and others.

Things to do while quarantined to increase mental, emotional and spiritual health:

- Maintain communication & relationships (from a distance). Physical distancing does not need to be social isolation
- Keep to a routine as far as possible
- Set realistic, short-term goals and work towards achieving them
- Think positive thoughts and do not dwell on things that you cannot control
- Worship, pray, read the Word
- Pray prayers of FAITH to overcome FEAR
- Meditate on good things

Philippians 4:8 *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely,*

whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

6.3 Stay in Touch with Others

- It is important that we check on each other people
 - Make a phone call
 - Be mindful of and sensitive to the unique mental health needs of those we care for
 - Check on neighbours or people in your community who may need some extra assistance
 - Working together as one community can help to create unity in addressing COVID-19 together
- Let's acknowledge our own, and others' anxieties and fears, and help each other to address them as individuals and communities
- Keep learning the facts because facts can help to minimize fears. Share new information with others
- Stay away from conspiracy theories and fake news - it may be necessary to limit your exposure to social media, or to be careful about what you access

6.4 Remaining Balanced in Body, Soul, and Spirit

- It is God's desire for us to be whole and healthy in every aspect of our lives
- Having a healthy mind and emotions is as important as having a healthy body (free of the coronavirus)
- The soul is made up of the mind, the will, and the emotions
- Not only can God heal the body, but He can also heal the minds and emotions of people affected by trauma and stress
- **Romans 12:2** *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God*
- **2 Timothy 1:7** *For God has not given us a spirit of fear, but of power and of love and of a sound mind*

- **Philippians 4: 6-7** *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

7. Spreading a Revival of Health – not COVID-19

1) The world is set for a Revival of Health due to the challenging outbreak of the coronavirus (COVID-19)

- God does not cause sickness, but He can use what is happening to rock the world so He can come and heal the nations and bring people back to Him
 - People are ready to turn to God in a major, worldwide crisis
 - Get ready for the great Harvest of God (time to evangelize)
 - Africa is ready for a Revival of Health
- **James 5:15** *And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.*

2) Do not ignore the warnings

- It is very important to regularly do the preventative practices taught in this manual
- When new information is heard, verify the facts before teaching others
- Remember: Truth (FACTS) help to overcome FEAR

3) An easy process – You CAN DO IT!

- Tell others about transmission and prevention
- Take the message to children, the youth, adults, and older people
- Train others to teach others (continue to train trainers)

4) Prayer of Impartation for courage, hope, and strength

- God is ready to fill your mind with medical information that can change your country forever!

- God is wanting to bring health and healing in the bodies and minds of people who need to be reminded that God loves them and is ready to make them whole—in body, in soul, and in their spirit
- **Remember the 5 Principles of The LifeGate:**
 1. The gospel is good news! It is God’s love that provides the means for us to be healthy; Jesus makes us whole in ALL our relationships.
 2. God has given resources to every community, which can be used to improve health.
 3. The most effective way to improve health is to start talking together.
 4. Most disease is preventable.
 5. Taking action improves health.

John 10:10: *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

We are praying for you!

8. Sources of Information

Disclaimer:

Although we have made every effort to ensure that the material presented is accurate, research is discovering more about the virus all the time. Information such as how long the virus can live on different surfaces, how far it can spread, who should wear face masks and what types are effective is being released all the time. It is therefore essential to check reputable websites for the latest information:

World Health Organization (WHO) <https://www.who.int/>

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/>

It is also essential to check these websites before passing on any new information, to check that that information is correct. The BBC also checks the facts on social media posts around corona virus: https://www.bbc.com/news/reality_check

More Information can be obtained from:

- Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Interactive website with continual updates of COVID-19
<https://www.worldometers.info/coronavirus/>
- CDC Handouts

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>
- World Health Organization
https://www.who.int/health-topics/coronavirus#tab=tab_1
- Social Distancing, Quarantine and Isolation
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- Comparison of COVID, MERS, SARA, Ebola, Influenza
<https://www.businessinsider.com/coronavirus-contagious-r-naught-average-patient-spread-2020-3?r=DE&IR=T>

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