



COVID-19 MEDICAL FACTS & FAITH

COVID-19 is a disease caused by a novel Coronavirus, that began in Wuhan City, China in Dec 2019. The outbreak has been epidemiologically linked to a zoonotic origin of animal to human transmission. Now it's rapid human to human spread has caused a world-wide Pandemic and Public Health Emergency. The Viral Respiratory droplets can spread from an infected person when they cough, speak or sneeze even when they may not have COVID-19 symptoms. Studies have shown that talking spreads respiratory droplets up to 6-7 feet, coughing spreads droplets to 19 feet, and sneezing spreads droplets up to 23 feet. The COVID19 virus can survive in respiratory droplets up to 3 hours and on surfaces up to 3 days. A person can become infected from droplets landing in their mouth, eyes or nose. Also, the virus is spread by touching an infected surface or object then touching your mouth, nose or eyes. COVID-19 is known to cause mild symptoms to severe Acute Respiratory Distress Syndrome. CDC is still learning more about the COVID-19 virus and its mysterious spread.

What you need to do:

- **"Let Everything that hath BREATH Praise the Lord" Psalms 150:6**
 - Stay 6 feet or more away from others, avoid close contact with people who are sick
 - Stay home when sick except to get medical care
 - Stay home unless you are an essential worker or to get groceries
 - TN Governor Bill Lee has extended #STAYHOME order until April 30th
 - Social Distancing is very important so use Virtual methods to keep in contact
- **"I have put my Words in thy MOUTH, and I have covered thee in the shadow of mine hand" Isaiah 51:16**
 - Completely cover your mouth and nose by wearing a mask around others
 - Cover your cough or sneeze then throw away the tissue in the trash
 - Avoid touching your eyes, nose and mouth in public
- **"He that hath CLEAN HANDS and a pure heart" Psalms 24:4**
 - Wash your hands often with soap & water for 20 seconds (while singing- Happy Birthday to Me x4)
 - Use hand sanitizer with 60% alcohol, Wear gloves in public
 - Clean/disinfect touched surfaces or objects, Avoid sharing personal items
- **"For there is No respect of persons with God" Romans 2:11**
 - We ALL must follow preventive practices
 - We ALL must comply with the mandates of governmental authority as a Godly principle
- **"The thief cometh not but for to steal, and to kill, and to destroy: I am come that they might have Life, and that they might have it more abundantly." John 10:10**
 - COVID-19 is a Thief
 - **JESUS** is our **LIFE GIVER**
- **"For God hath not given us the spirit of fear; but of POWER, and of LOVE and of a SOUND MIND." 2 Tim 1:7**
 - Anxiety, Panic, and Fear sets off an Acute Stress Response with
 - Increases adrenalin that increases heart rate, blood pressure, resp rate
 - Increases cortisol that leads to elevated glucose, decreased immune function, and increase infections
 - Fear is not for the believer and we must think positive thoughts (Philippians 4:8)
 - Eat healthy, exercise, decrease caffeine and sugar, call your relatives, pray
- **Seek Medical Care with...**
 - Fever > 100.4, confusion, inability to arouse
 - Persistent Dry cough, Shortness of breath, Pressure in chest, blue lips/face
 - Symptoms may appear 2-14 days after exposure to COVID-19 positive person
 - Older adults and people with chronic medical conditions are at higher risk
- **"For God so Loved the world, that he gave his only begotten Son, that whosoever believeth in Him should not perish but have everlasting life." John 3:16**
 - God gave- now it's our time to give our lives to Him!

Bethel Outreach Church is Praying for all the Dedicated Medical Professionals on the Frontline of this COVID-19 Pandemic!

TN COVID-19 Hotline 877-857-2945

For more information on COVID19 go to- www.cdc.gov/coronavirus/2019