



What is COVID-19?



COVID-19 is a disease. It passes from person to person, even when people do not feel ill. Most illness is caused by germs that you cannot see because they are so small. COVID-19 is caused by one of these germs.

COVID-19 is **NOT** because of someone's sin or due to curses or witchcraft.

If the COVID-19 disease enters a person's body, that person will become infected with the disease.

Once the disease has entered a person's body it will begin to multiply. When there are enough germs in a person's body they can start to feel ill and show symptoms. It can take between 1 and 14 days for this to happen.

Some people will not feel ill or hardly feel ill at all. A small amount of people will get seriously ill. Some may die. **ALL** can pass the disease from one person to another. Most people will recover in about 1 week. People who have problems with their health sometimes get more ill and are more likely to die.

Symptoms

Symptoms of COVID-19 include:



A fever. This means you feel hot to touch on your chest or back.



A new cough or difficulty breathing.

Tiredness, a runny nose, diarrhoea and aches in your bones can all be symptoms as well.

How is COVID-19 spread?

The disease COVID-19 is spread person to person, everywhere and everywhere.



Coughing, sneezing and breathing close to people. (Tiny drops of water land on another person.)



Touching each other, including when greeting one another. The disease on your hands or face can pass to someone else.



Objects like plates, cups or doors. The disease passes from you to the object to someone else.

How do we stop it spreading?

There are some things we can do that will make it harder for COVID-19 to reach the people around us.



STOP travelling including to funerals and to see family.



Do not allow visitors or friend's children into your house.

If we do not travel or mix with people we cannot take COVID-19 with us or bring it home. COVID-19 doesn't move, but we move and move it with ourselves



Wash your hands often, using clean water and soap while slowly counting to 20. Scrub the fronts and backs of your hands, your thumbs, in between your fingers and around the end of your fingers and nails.



Cough or sneeze into your elbow **NOT** your hands.



Try not to touch your face. This will make it harder for COVID-19 to get inside your body.



Do not shake hands or hug. Wave instead for a greeting.



Stay 2 meters apart from each other. This is about 3 big steps.



Clean things that people touch often. This includes cups, plates and doors. Cups and plates must be washed before being used by a different person.

Playing our part

IT IS IMPORTANT TO LISTEN TO AND FOLLOW THE GUIDANCE AND ADVICE OF GOVERNMENT AND MEDICAL PROFESSIONALS

You can also follow the guidelines on this sheet and tell others.

If you are well you can help, feed and pray for the ill without physically touching them. Remember to stay a safe distance away from people. If you need to visit people to deliver food or water, wash your hands well with soap and water before and after visiting people. Leave things outside the house instead of going inside.

If you are ill or have some symptoms

If you are ill or have symptoms, stay home. Do not see anyone, even family. Do not go to the market. Contact health personnel using the available avenues provided by your Government



Ask friends to help you if you need to, but remember that they need to stay a safe distance away from you.

Important

People selling charms or potions and claiming to be able to cure the disease are simply lying. At the moment there's no known cure available.

Ideas for churches and groups

The advice of health authorities should always be followed explicitly. In some locations this means that churches and groups are not allowed to meet. This does not stop us from being the church because the church is not the building or the place where we meet. The church is the people. We can continue to be church even when we cannot gather together.



Pray

You could have an SMS or WhatsApp prayer meeting. One person can pass prayers to everyone in their homes and you can all pray at the same time. When praying, people could light a candle as a symbol to let people know that they are praying for the village.



Love everyone

Help people! If you are well, you can go to the market or shop for someone who cannot go because they are elderly or unwell. You can leave food or water outside someone's house. You could look after someone's crops. You should not expect payment.

If people need to stay away from others they are likely to feel lonely. You can make a big difference by simply sending them messages or speaking to them from outside their house. Share a passage from the Bible, give your time and be friends! Remember to stay at least 3 big steps away from each other.



Together

Groups may need to stop meeting altogether. If so the organiser should use the phone, WhatsApp or SMS messages to make sure that everyone is fine. Remember that you can work together for the truth and the good of everyone even if you are not able to meet together.

ONLINE



Information about COVID-19 can be found on the World Health Organization website: www.who.int



Find out more about Dignity and access discipleship materials and more at: www.dignityonline.org.uk/publications