

How to prepare for the CORONAVIRUS (COVID-19)

information provided from the Western Cape Department of Health
(<https://www.westerncape.gov.za/departement-of-health/coronavirus>)
and US Centres for Disease Control and Prevention: (<https://www.cdc.gov/>)

The Coronavirus Disease 2019 called (COVID-19) is caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which first emerged in Wuhan, China in December 2019 and has since spread to more than 110 countries, with over 126'000 cases confirmed worldwide. **On 11th March this year, the World Health Organisation declared the outbreak as a pandemic. On the same day, the first case of COVID-19 was reported in the Western Cape.**

Although COVID-19 has a relatively low death rate, this also means that it can spread faster and further than previous pandemics have seen. There is a moderate to high likelihood that it will reach your area before a vaccine is developed.

To avoid being exposed to the virus, take note of the following guidelines:

TO PROTECT YOURSELF:

- ❖ **Wash your hands** frequently with soap and water
- ❖ **Avoid touching eyes, nose and mouth**, especially with unwashed hands
- ❖ **Maintain social distancing** – at least 1m between yourself and anyone showing symptoms

"In the final analysis, it's the hands... You can't always control what you touch. You can't control who else touched it. But you can look after your own hands"
– Dr Elizabeth Scott

TO PROTECT OTHERS:

- ❖ If you have fever, cough and difficulty breathing, **seek medical care early**
- ❖ **Practice respiratory hygiene** - Cover coughs and sneezes with a tissue or the inside of your elbow, NOT your hand
- ❖ **Throw away used tissues** in the trash
- ❖ **Clean and disinfect** frequently touched surfaces daily
- ❖ **Wear a facemask** if you are sick and around other people

"If somebody sneezes into their hands, that creates an opportunity for those germs to be passed on to other people, or contaminate other objects that people touch,"
– Dr Vincent Hill, CDC

It is also important **not to panic**. The majority of cases of COVID-19 have flu-like symptoms and recover to full health after a few weeks. However, the virus currently has about a 1% mortality rate, primarily amongst those over 60 years old or with pre-existing medical conditions.

While chances are you won't die from this virus, it is also vital to be prepared for death, whichever way that may come. For information on how to prepare for death, please see over the page:

How to prepare for DEATH

Information provided from St Mark's Church Plumstead (www.stmarksplumstead.org)

Unlike COVID-19, sin against God has a 100% mortality rate.

Approximately 150'000 people die from sin each day. To make matters worse, every human on the planet is already infected with sin.

While nothing can ultimately *prevent* your death, there are important measures you can take to *prepare* for it, and to ensure that you receive life after death:

- ✓ **Read the Bible** – if you do not have a bible, please contact St Mark's Plumstead (details below) to arrange a complimentary copy
- ✓ **Confess** your sin to God in prayer
- ✓ **Believe** in the death of Jesus on the cross for your sins
- ✓ **Repent** (turn away from your sins and towards Jesus) and **be baptized**

“There is no one righteous, not even one.”

Romans 3:10, Holy Bible

“The wages of sin is death”

Romans 6:23, Holy Bible

“I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.”

1 John 5:13

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1 John 1:8-9

“But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.” 1 John 2:1-2

“Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off—for all whom the Lord our God will call.” Acts 2:38-39

God didn't make you to die, but to live one day in a restored creation that you were made to live in. He sent his Son Jesus to earth to take the penalty for sins on behalf of all who trust in him, so that you don't need to be judged for your sins when you die, but can receive resurrection and eternal life instead.

For more information on how to prepare for death, please visit **St Mark's Plumstead** or see our website: stmarksplumstead.org.

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