



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

Facts about Novel-CORonavirus

Sis. Dra. Grace Pancho
February 5, 2020

What do we know about the Novel-Coronavirus? Let us review the facts (Sources: WHO, CDC, DOH).

What is novel coronavirus (nCoV)?

It is a new strain of coronavirus that has not been previously identified in humans. It is different from the past coronaviruses.

Coronaviruses belong to a large family of viruses that cause a range of illnesses: common cold, Middle East Respiratory Syndrome-related Coronavirus (MERS-CoV), Severe Acute Respiratory Syndrome-related Coronavirus (SARS-CoV).

Where did the novel coronavirus (2019-nCoV) originate?

- A clustering of pneumonia cases of unknown etiology was reported in Wuhan, China on 31 December 2019.
- The animal source has not yet been identified.

How does this virus spread?

- It is a respiratory virus that spreads primarily through contact with an infected person by way of **respiratory droplets**, generated when a person coughs or sneezes, or through droplets of saliva or discharge from the nose, typically, within 3 feet distance.
- The incubation period or the time between infection and the onset of clinical symptoms is estimated to range from **2 to 11 days**. People who have symptoms are likely to spread the virus.

Who are at risk from developing illness?

- Older People
- People with pre-existing medical conditions (such as diabetes or heart disease).

What are the symptoms and possible complications of a coronavirus infection?

- Symptoms: Flu-like and respiratory symptoms: runny nose, sore throat, cough and fever.
- Complications: pneumonia, acute respiratory syndrome, kidney failure, and even death

Is there a treatment and vaccine for the 2019-nCoV?

- To date, there is no specific treatment or vaccine for this new strain.
- Supportive care for infected persons can be highly effective.

Are we in danger of transmission here in the Philippines? (As of Feb 5)

- There are 133 Patients under Investigation (PUI): NCR, 42; Luzon, 39; Visayas, 36; Mindanao, 16.
- There were 3 confirmed cases from China: two patients recovered, but one died.

What can we do to protect ourselves?

- Always practice hand hygiene: wash hands with soap and running water, or apply alcohol-based sanitizer.
- Observe proper cough etiquette: maintain distance; cover coughs and sneezes with a tissue or turn towards the crook of your elbow.
- Avoid crowds and close contact with people manifesting flu-like symptoms. Maintain a one-meter distance from people manifesting flu-like symptoms or respiratory illness.
- Avoid touching your nose and mouth.
- Use face mask if you have cough and colds. Always wear the mask with the COLORED SIDE OUT. Replace mask when soiled.
- Surgical Mask: A one-way protection which captures particles or droplets from the wearer; it is typically used to prevent spread of common colds and flu.
- N95 or similar type: A two-way protection mask which filters air entering and exiting the wearer. It also filters at least 95% of airborne particles, and it sits tightly on the face. This is mostly used by health workers.

Let us all ask the Lord to protect us. Spread love, hope, and peace.

Ps 91:5-6

You shall not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that roams the darkness, nor the plague that ravages at noon.

How to Avoid Stress
Bro Dr. Rufino Jose Agoba
February 5, 2020

Health is Wealth

1. What is STRESS?

A state of mental, emotional, or other strain which denotes pressure exerted on a person for the purpose of compulsion.

2. Effects of Stress:

- Stress affects the balance of bacteria in the gastrointestinal tract and immune response.
- It has negative effects on our cardiovascular system because it causes an increase in heart rate and blood pressure.
- On the other hand, a positive attitude plays a crucial role in the immunity response effectiveness of an individual, particularly patients who manifested remarkable healing before and after surgery. Indeed, the person's level of optimism /positive thinking correlates with the number of lymphocytes in his/her body.
- In the same way, a person who has an effective social support web can effectively increase the immune system's ability to cope. This reduces the probability of heart and related diseases.

3. How can we avoid stress?

Relax and unwind

- Have a warm bath.
- Listen to Music
- Devote time for reflection.
- Avoid tension.
- Avoid frowning.

Sit down, relax and enjoy your food.

- Refrain from binge eating.
- Cut down on food high in salt, sugar and caffeine.
- Avoid alcohol.

Minimize unnecessary shopping.

Take time out

- Get enough sleep. Lack of sleep causes mental blocks.
- Create a stress-free zone. Chill.
- Spend time with others.

Avoid stress from Social Media.

Do not compare yourself with others. Love yourself.

And above all, Pray!

4. Biblical quotations on how to combat stress

Faith is the realization of what is hoped for and evidence of things not seen (Heb 11:1).

I keep the Lord always before me; with the Lord at my right, I shall never be shaken (Ps 16:8).

Even when I walk through a dark valley, I fear no harm for you are at my side; your rod and staff give me courage (Ps 23:4).

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus (Phil .4:6-7)

Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid (Jn 14:27).

May the Lord of peace Himself give you peace at all times and in every way. The Lord be with all of you (2 Thes 3:16).

Transcriber/Writer: Sis. Jo Advincula
Editor: Sis Vera I. Tuplano
Printing Sponsor: Sis. Rhia G. Ilagan