



Coronavirus “Cheat Sheet”

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The first and most important thing to remember about COVID-19 is that it is a disease which impacts every part of a human being: the body (obviously), but also the mind (the intense mental and emotional impacts that are driven by the media and other outlets) and the soul (the loss of much, if not all, that we once thought we could find our security in as a result of this phenomenon). So taking care of yourself must involve knowing what to do – and what NOT to do - to address the body, mind and soul. “My people are destroyed for lack of knowledge” (Hosea 4:6).

I. Body (physical) care

We have to start by having reliable sources of information. Most of the Internet is WRONG, and many stories from media outlets either distort the data or interpret it to meet their own needs and agendas. Try to avoid being “infected” by faulty or biased stories.

The Centers for Disease Control (CDC) has a very comprehensive, ever-evolving site with the latest known physical knowledge about coronavirus and basic simple things to do to take care of yourself physically:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

The World Health Organization also has an excellent, easy-to-read, translatable page of information for the public. The information includes links to popular myths about coronavirus, specifically treatments that will NOT work (i.e. nasal saline washes or holding your breath 10 seconds as a “breathing test”):

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

In addition, there are general things you can do to take care of your body, such as:

- eating as healthy and balanced as you can every day
- drinking a lot of water
- getting enough sleep
- taking appropriate vitamins (such as Vitamin C)
- exercising as restrictions allow. Getting fresh air while following social precautions is a great way to stay connected with the world and not withdraw from it.
- PRACTICE SOCIAL PRECAUTIONS! We don’t like the term “social distancing” because it implies that we can no longer be close, which is NOT the case. But the recommended precautions are solid enough:
 - wash hands frequently – soap and water is the best for 20 seconds, hand sanitizer is an acceptable alternative if needed.
 - Clean frequently used surfaces (tables, countertops etc) frequently in your homes.
 - try to minimize contact with eyes, nose or mouth; wash hands again if you do
 - maintain careful appropriate distance even within the house, especially if there are sick family members. Outside, maintain at least 6 feet in between yourself and others as best as possible. In areas

where you know you will be in close contact with people due to space limitations (i.e. a supermarket), wear a mask if possible.

- if coughing or sneezing, do it into your elbow away from people

More is available on the above websites.

II. Mind (mental and emotional) care

- There is a lot of fear and panic about this virus, fueled by the media and the Internet. The amount of noise can be deafening. While it is important to be informed, build in “information breaks” during the day. Instead, find websites for yourselves and your kids which challenge the mind (examples are the Bright Side channel on Youtube, which has fun thinking riddles and learning activities adults and kids can do together), or abcmouse.com for kids. There are others as well.

- Use video conferencing to arrange “fellowship time” for yourself and your kids. Contact family members and friends regularly to make sure they are ok and also to spend time together. Arrange “playdates” where kids (and adults!) can all congregate and see each other on screen while they play video games, or talk to each other, and basically just socialize and spend time with one another, “not forsaking the assembling of ourselves together” (Hebrews 10:25).

- This is a great opportunity also, if you are in a family, to spend time together as a family. Play games together, talk with one another, help your kids (if any) with school, or just read and spend quiet time that you may not have had before. Redeem the time in a positive way.

III. Soul (spiritual) care

God doesn't do “social distancing”! Isn't that amazing and comforting? There are so many verses in the Bible which show HOW CLOSE He is right now...

“Fear not, for I am with you” (Isaiah 41:10)

“I will never leave you nor forsake you” (Hebrews 13:5)

“...do not be afraid or dismayed, for the Lord your God is with you wherever you go” (Joshua 1:9)

And so many more. We encourage you to read the timeless story of God's love for you in the Bible, and talk about it with a pastor or close friends. No matter where you are physically, financially, or mentally, **God never fails us**. When David writes in Psalm 23, “The Lord is **my** shepherd, I shall not want...” (v.1, emphasis added) and later says, “though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and staff comfort me” (v.4), these promises encapsulate God's promises that as big as He is, He is also that close to you and caring for you. May promises like these encourage you as you read this today. If you go to church, many churches are offering livestreams or some kind of message content every week. If your church doesn't have such options, go here: <https://www.blackrock.org/>