

## Practical Preparedness for Coronavirus

The primary issue to consider is voluntary or involuntary quarantine. Be ready. Take these steps to gain the peace that comes from preparedness.

### Store 2 Weeks of Food

Consider the needs and preferences of your family and stock up on shelf stable foods like canned foods, dehydrated foods, oats, pasta, sauce, tuna, rice, oil, lentils, beans, nut/seed butters, dried meats. Rotate the food as consumed so nothing expires. It's very important to store things that you enjoy to eat. Can't afford it all at once? Buy a couple extra shelf stable items each time you go to the store. Don't forget comfort foods like chocolate and coffee. If you have pets, remember food for them too.

### Keep 2 Weeks of Water

Keep at least 4 liters (1 gallon) of water/person/day. If you have **pets**, store water for them. Use this Water Calculator to see how much you need:  
<https://www.voyagemg.com/water/>

**Remember Household/Hygiene items-** Toilet paper, soap, hand sanitizer, tissues, feminine care products, laundry detergent, dish soap, cleaning products, can opener, **diapers and wipes** if necessary.

### Purchase Prescription and OTC Medications

If you take a prescription medication, talk to your doctor about getting permission for a two-week or 30 day supply of the medication for emergencies. Consider OTC meds your family uses most.

### Maintain a First-Aid Kit

Have basic supplies to treat common injuries. Note other supplies you may need; thermometer, contact lens solution, hearing aid batteries, OTC meds like pain relievers, cough and cold medicines, stomach remedies, vitamins, gloves and masks (if you chose).

### Plan for Entertainment

Think about entertainment items for yourself and children while in quarantine- books, arts and craft supplies, playing cards, board games, puzzles- according to your interests.

### Create Emergency Plans and Communicate With Your Family

Talk with your family/those in your household about plans to prepare. Let everyone be involved. Taking action towards preparedness helps bring peace to everyone. Be sure to check in with extended family/friends who may need extra support.

### Keep Cash on Hand

Small bills. Should banking systems close, you will need cash to buy things. Decide the value you are comfortable with and pull cash out soon. You will need lots of small bills and emergency cash stash.

**Pray Without Ceasing. Meditate on Scripture.** *You will keep in perfect peace, him whose mind is steadfast because he trusts in You.* Isaiah 26:3

More information: [www.preparednesspeace.com/lists](http://www.preparednesspeace.com/lists); <https://ncov2019.live/preparation>

Take a quick inventory, decide what is most important to the needs of your family, and **take action**. Begin to organize and procure the items you are lacking.

## **Preventing the Spread of Coronavirus**

### **Wash Your Hands Frequently**

Regularly and thoroughly wash your hands with soap and water for at least 20 seconds. Alternately, clean your hands with an alcohol-based (minimum 60% alcohol) hand sanitizer when water is not available.

### **Maintain Social Distancing**

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes, small liquid droplets are sprayed from their nose or mouth. If you are too close, you can breathe in the droplets.

### **Avoid Touching Eyes, Nose and Mouth**

Hands touch many surfaces and can pick up viruses. While viruses can't enter through the skin, your hands can transfer the virus to your eyes, nose or mouth. Also, be conscious when in public places, avoiding unnecessary contact with frequently touched objects (doorknobs, railings, etc).

### **Practice Respiratory Hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately and wash your hands.

### **Stay Home If You Feel Unwell**

As is with any flu virus, isolating at home is one of the most simple and effective ways to prevent spreading viruses and also promotes healing of the effected individual.

### **Pursue Medical Help When Needed: (Info for Israel specifically)**

Any person who has one of the following symptoms: Fever 38C (100.4F) or higher, Cough, Trouble Breathing, or any other respiratory symptom should call the MDA Hotline - dial 101.

For more information, Contact your local Ministry of Health department.

<https://govextra.gov.il/ministry-of-health/corona/corona-virus-en/>

According to Israel's Ministry of Health, if you have any of the above symptoms and have traveled to a country infected with coronavirus (or have had close contact with someone who has) in the recent weeks, do not go to a medical clinic or emergency services. Instead, dial 101 and a paramedic will come to your home to take lab specimens and consider therapy with the advice of a medical doctor.

\*\*For questions and more detailed information, please see Israel's Health Ministry Instructions@health.gov.il

## **Your Best Defense Against Sickness is Your Own Immune System! Here's How To Naturally Boost It:**

### **Eat a Balanced Healthy Diet**

A diet rich in fruits and vegetables, healthy grains, lean meats and healthy fats, works to effectively bolster the immune system. Avoid processed, non-nutritious foods, especially sugar, which deplete the immune system.

We encourage high levels of Vitamin C & D intake, as well as warm water with fresh squeezed lemon juice to boost your immunity.

***To read further about specific immune boosting foods, click here:***

<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>

### **Stay Active**

Regular physical activity strengthens your immune system and helps your body fight off infections and viruses. Aim for at least 30 minutes of physical activity at least three days per week. This can include walking, biking, swimming, or other low impact workouts.

***To read further about the positive impact of exercise on the immune system, click here:*** <https://time.com/5482827/how-to-boost-your-immune-system/>

### **Walk By Faith In Community**

Fear and stress have a direct negative effect on our immune systems. Staying spiritually healthy has a direct and positive impact on our natural health.

At a time when the world is experiencing such a wide spread health threat, it's important for all of us to saturate our minds, and fill our hearts with the Word of God!

*"So then faith comes by hearing, and hearing by the word of God."* Romans 10:17

Studies have shown that deep meaningful relationships bring greater fulfillment and happiness in life, boosting health and increasing longevity. This is an unprecedented time in history for us, as Believers, to walk in genuine faith, demonstrating sacrificial love in serving those in need around us. It truly is more blessed to give than to receive. Giving releases true joy, and strengthens us in so many ways.

***Here's a link to a great article supporting how faith in community impacts our health:*** <https://relevantmagazine.com/life5/surprising-links-between-faith-and-health/>

### **Take Vitamins and Supplements to Build Your Immune System**

In today's world, it's virtually impossible to get all of our daily vitamins and mineral needs from diet alone. At a time like this, it is a worthy investment to add a few simple supplements into your daily routine.

Although this is by no means a conclusive list, here are a few powerful immune boosters, known for their successful aid in building the immune system and helping to prevent viruses:

Vitamin C  
Zinc

Vitamin D3  
Live Probiotics  
Elderberry Syrup\*  
Oil of Oregano

\*There are a wide variety of Elderberry Syrups that can be readily purchased. However, If you are interested in making your own delicious Elderberry Syrup for a fraction of the price, find the link below. Dried Elderberries for the homemade version can be purchased in bulk from both Amazon and iHerb. Elderberry Syrup can be taken daily as a prophylactic (preventative) against the coronavirus and dosing can be increased in the event of an infection.

***For homemade Elderberry Syrup Recipe, click here:***

<https://wellnessmama.com/1888/elderberry-syrup/>

***To read more about the effectiveness of Elderberries in combatting viruses, click here:***

<https://www.sentinelassam.com/editorial/elderberry-and-interferon-could-cure-novel-coronavirus-2019-ncov-infection/>

***To read more about the above listed supplements and more, click here:***

<https://draxe.com/health/coronavirus-covid-19/>

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