

VICTORY CHURCH

Coronavirus Information Sheet *

*All of the following Information & recommendations are strictly our best prayerful advice and are not meant in any way to tell or suggest that you should act against the directions of local, State, or Federal authorities or directions of any licensed medical professionals. We are all in this together to help end this crisis as quickly as possible.

THINGS TO KNOW ABOUT WHAT THE CORONAVIRUS IS & HOW IT CAN BE TRANSMITTED

1. CV has flu-like symptoms including, but not limited to: Fever, Cough, Sneezing, and Shortness of Breath.
2. It is highly contagious (up to 4-5 times as much as the common Flu).
3. It can live in your body for up to 14 days without you showing any symptoms, but you could still be contagious during this entire time.
4. It spreads predominately through the air, person to person, passed to you through either your mouth, eyes, or mouth.
5. It can also be transmitted by you either touching a surface or object that has the virus on it and then touching either your mouth, nose or eyes.

WHAT TO DO IF YOU HAVE ANY SYMPTOMS

1. Call your doctor or local Medical Clinic to receive their instructions.
2. As a last resort go to a local Emergency Room. Try to call them first because Hospitals are advising to call your Doctor first, mainly because of the highly contagious nature of the virus.
3. Stay away from all people if possible. Self-Isolate yourself from all people for at least 2 weeks. If you are symptom free for a full 2 weeks, first check with your doctor & CDC for instructions to see if it is OK to appear back into the general public.
Also, ask all medical officials available if you can get a Coronavirus test to determine whether you have the virus or not. Testing has been limited in recent days but is becoming more & more available moving forward. Keep Checking!
4. If you live in a dwelling with others, try restricting yourself to staying in a separate bedroom and use a separate bathroom as well.
5. Your dwelling needs regular cleaning with a virus-killing disinfectant.
6. Use prescribed dosages of fever reducing medicines.

HOW TO PROTECT YOURSELF AND OTHERS FROM TRANSMITTING CORONAVIRUS

- Listen to all governmental authorities and abide by their instructions.
- Currently the authorities are recommending staying at least 6 feet away from everyone.
- Avoid all group contact and eating at restaurants. If you can't prepare meals at home, pursue either Drive-through or Delivery services.
- If you have any cold-like symptoms at all, please stay at home.

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- If you have been in the same room or even suspect that you might have come in contact with an infected person(s), (and that person (s) also may have been in contact with an infected person), it is best to self-quarantine for at least 2 weeks.
- Wash your hands regularly with soap & warm water for at least 20 seconds at a time, especially when you go in and out of public facilities.
- Try not to touch your eyes, mouth, nose or face as much as possible, especially when out in public.
- Do not shake hands, hug, or touch people out in public. (Remember to keep your 6' distance).
- Cover your mouth with tissues when coughing or sneezing, and if tissues are not available use your upper arm.
- Try to store up on basic foods, hygiene products, toiletries, etc. in case they become in short supply. Use your judgment because it is recommended not to hoard because others may go without if supplies run out.

****THERE IS NO CURE OR VACCINE OR PROVEN EFFECTIVE TREATMENT YET FOR CORONAVIRUS. SO THE PREVIOUS RECOMMENDATIONS ARE VERY IMPORTANT TO CONSIDER TO HELP SLOW THE ADVANCE OF THE VIRUS.**

WHAT CAN WE DO SPIRITUALLY

1. Ask people that you trust to pray for you. We are here for you at Victory to pray & help you in any way possible. You can either call the office during regular office hours or contact us by email or visit our website to see regular updates.
2. Please don't allow fear to grip you, but read out loud scriptures that counteract fear. (I.e. 2 Timothy 1:7, "For God has not given us a spirit of fear, but of love, power, and a sound mind.")
3. Contact others including family members, Christian friends, and even Non-Christians. Ask to pray for them. People need hope and reassurance. Your Act of Kindness will go a long way. YOU are the "Hope of the World".
4. Instead of public meetings, try to participate in On-line meetings for prayer and fellowship. Examples include Zoom, Skype, Facebook Live, YouTube, and Group Phone Calls. Most of our Small Groups are using online meetings. Check the Victory Church website for updates. Especially we encourage you to follow our Sunday morning services at 10:30 am weekly. We will be broadcasting one Facebook Live AND later that same day you should be able to watch the Service on YouTube.

God loves you! We Love you and are praying for you!