

HEALTH INFORMATION FOR YOU AND YOUR CHURCH



PROTECT:

You should know that your body is a temple for the Holy Spirit You don't own yourselves. 1 Corinthians 6:19

Protect yourself and your whanau by following the public health guidelines found at [covid19.govt.nz](https://www.covid19.govt.nz)

Here are more great health habits that are especially important to strengthen our immune systems and fight off illness.

- Eat a healthy, balanced diet—mainly vegetables and some fruit—for balanced vitamins and nutrients.
- Limit highly processed foods, which are generally high in sugar, fat, and salt
- Keep as physically active as you are able
- Get good amounts of sleep and rest
- Stay hydrated—drink plenty of water or other low-sugar drinks
- Get plenty of fresh air and some sunshine daily

By taking extra care of our bodies (temples) in times of pandemic we not only honour God but we protect ourselves from illness, help fight sickness, and protect those around us.



PREPARE:

A prudent man foresees the difficulties ahead and prepares for them. Proverbs 22:3

Take the time NOW to get ready and help everyone know what to expect and how they can play their part. Use the space on the back of this flyer to PREPARE and detail your plan should you need to respond.

1. Plan

- How to isolate yourself or other family members
- What to do to reduce the spread and contact
- Who to call on for support and practical help
- Discuss the plan with everyone

2. Gather

Recommended supplies to have on hand include:

- Cleaning Products/equipment—masks, gloves, rubbish bags, cleaning spray and sanitiser etc.
- Medical supplies to relieve symptoms—tissues, throat lozenges, cough syrup, paracetamol/Ibuprofen etc.
- Extra easy meal options, canned or frozen non-perishables
- Communication resources—device/mobile phone and charger etc.
- Resources to engage the mind—books, games, crosswords etc.

Other essentials include:

- Current information about all people in your household, including prescription medicines and medical history
- List of all those that need to be contacted should someone become unwell (see overleaf)

3. Know

Know where to go for more help in case of symptoms/illness.

- Family Doctor
- Healthline
0800 611 116

For further resources:
[covid19.govt.nz](https://www.covid19.govt.nz)

Prepare your family, then reach out and help others too.



CARE:

Therefore encourage one another and build one another up, just as you are doing. 1 Thessalonians 5:11

How can we provide CARE and support for each other at this time of pandemic?

Set up small groups to check in with each other regularly online or by phone:

- Small groups can be responsible for checking up with the others in the group. This is especially important for those who are isolated or living alone.
- Groups may be grouped by age, gender, Sabbath School class, or existing small groups. If anyone in your group becomes unwell and needs to isolate, they will have someone to connect with.

Set up a dedicated, trained response team: Do it now!

- Churches are encouraged to equip and train a dedicated response team of volunteers to respond to news of illness within the community and maintain daily contact with any family or individual who has contracted the virus or is needing physical or emotional support.
- Contact Adventist Health Ministries for further information.

We know that if we all do our part in protecting, preparing, and caring for one another, we can get through this time together and limit the ill effects of the pandemic on our church community.






WE ARE PREPARED – OUR PLAN

How will we isolate?

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Have we got everything we need?

	<input type="checkbox"/> Cleaning Products
	<input type="checkbox"/> Medical / Health Remedies
	<input type="checkbox"/> Easy Meal Options
	<input type="checkbox"/> Resources / Activities

Our Family Medical Information

Name	Current Medical Info	Current Prescriptions

Our Essential Contacts:

School	
Work	
Family Doctor	
Pharmacy	
Healthline	0800 611 116
Extended Family	
Māori or Pasifika Health Worker	

Our Church Family

Pastor	
Life Group Leader	
Children's Ministry Contact	
Adventist Health Ministries	adriellecarrasco@adventist.org.nz

People we will care for:
