

**Church of God in Christ, Inc.  
International Nurses Unit**

***“Watch, Wash and Pray”***

**COVID-19 Recommendations  
BULLETIN**



**Bishop Charles E. Blake, Sr., Presiding Bishop & Chief Apostle**

**Mother Barbara McCoo Lewis, General Supervisor**

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International Nurses Unit, President  
Church of God in Christ, Inc.**

*\*This Bulletin serves as suggested initial instructions from the CDC and will be updated with new information sent as announcements.*



## “Watch, Wash and Pray” COVID-19 Recommendations

**Matthew 26:41; Psalms 51:7; Ephesians 5:26; Ezekiel 36:25; 2 Chronicles 7:14; Psalms 94:19**

**Scripture:** Philippians 4:6-7: <sup>6</sup> Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

**Objective:** This International Nurses Unit (INU) bulletin serves as suggested instructions for churches during the COVID-19 pandemic. It is encouraged to follow the Centers for Disease Control and Prevention (CDC) guidelines and make changes accordingly. *Remember* 3 John 1:2. God wants us to prosper and be in health even as our soul prospers.

**Disclaimer:** This is only a recommendation and the final decision is left up to plans by the Bishop, Pastor, Board of Trustees etc. The information is for educational purposes only. No material is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you have read in this educational material.

**Definition:** Coronavirus-(COVID-19) is a respiratory illness that can spread from person to person. The virus is passed from an infected person by close contact with one another within 6 feet through respiratory droplets when a person coughs, sneeze or talks. It is inhaled into the lungs or can come in contact with the eyes or a mucus membrane in the mouth or nose. It can then lead to COVID pneumonia which causes inflammation (pus) in the lungs, thereby rendering the person unable to get enough oxygen.



## “Watch, Wash and Pray” COVID-19 Recommendations

### Symptoms-COVID-19, Seasonal Flu, Common Cold, Seasonal Allergies

*Proverbs 4:5,7: <sup>5</sup> Get wisdom, get understanding: forget it not; neither decline from the words of my mouth.  
<sup>7</sup> Wisdom is the principal thing; therefore, get wisdom: and with all thy getting get understanding.*

*Hosea 4:6b <sup>6</sup> My people are destroyed for lack of knowledge:*

PRIMARY SYMPTOMS		LESS FREQUENT SYMPTOMS
<b>COVID-19 2-14 days after exposure</b>	<ul style="list-style-type: none"> <li>• dry cough</li> <li>• fever, chills</li> <li>• shortness of breath</li> <li>• fatigue</li> <li>• loss of taste/smell</li> <li>• repeated shaking with chills</li> <li>• headaches</li> </ul>	<ul style="list-style-type: none"> <li>• diarrhea</li> <li>• aches, pain, weakness</li> <li>• nasal congestion</li> <li>• runny nose</li> <li>• sore throat</li> <li>• nausea</li> </ul>
<b>Seasonal Flu (Influenza)</b>	<ul style="list-style-type: none"> <li>• fever/feeling feverish/chills</li> <li>• cough</li> <li>• muscles or body aches</li> <li>• headache</li> <li>• fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• sneezing</li> <li>• sore throat</li> <li>• runny or stuffy nose</li> <li>• nausea</li> <li>• diarrhea</li> </ul>
<b>Common Cold</b>	<ul style="list-style-type: none"> <li>• sneezing</li> <li>• stuffy nose</li> <li>• sore throat</li> <li>• mild to moderate chest</li> <li>• discomfort or cough</li> </ul>	<ul style="list-style-type: none"> <li>• fatigue</li> <li>• body aches</li> </ul>
<b>Seasonal Allergies (Hay Fever)</b>	<ul style="list-style-type: none"> <li>• runny nose</li> <li>• itchy eye, mouth, or skin</li> <li>• sneezing</li> <li>• stuffy nose</li> </ul>	<ul style="list-style-type: none"> <li>• wheezing</li> <li>• shortness of breath</li> <li>• fatigue due to lack of sleep</li> </ul>
<p><b>COVID-19-Minor Symptoms days before major symptoms-dizziness, confusion, fog, nausea</b></p> <p style="text-align: center;"><b>Symptoms Requiring Immediate Medical Attention (COVID-19)</b></p> <ul style="list-style-type: none"> <li>• difficulty breathing or shortness of breath</li> <li>• persistent pain or pressure in the chest</li> <li>• new confusion or difficulties waking up</li> <li>• bluish lips or face</li> </ul>		

**\*\*This list is not all inclusive. Not all patients present with symptoms. Please consult your medical provider for any other symptoms that are severe or concerning to you.**



## “Watch, Wash and Pray” COVID-19 Recommendations

### Social Distancing/Stay at Home-Isaiah 26:20

#### Recommended Precautions

- ✓ If you have returned from a hot spot state with widespread transmission of COVID-19, stay home and self-monitor for 14 days from the time you left the state.
- ✓ Take your temperature with a thermometer two times a day, watch for cough or difficulty breathing.
- ✓ Keep your distance from others (about 6 feet or 2 meters).
- ✓ Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- ✓ Practice wearing gloves when touching objects in public. Do not recommend the use of gloves (even at the gas station) for one time use and must be removed correctly to prevent transmission. Hand washing is best.
- ✓ Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- ✓ If you get sick, contact your health department. Be sure to tell them that you traveled from a hot spot state with an outbreak of COVID-19, your symptoms, and that you are self-monitoring.

#### Recommended to Avoid: *participate in these activities at your own risk.*

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Don't allow other non-house guest in your home without checking for temps, mask and symptoms.
- Avoid shaking hands or hugging individuals outside of your immediate household.
- Don't give Holy Kisses.
- Don't assemble with more than the CDC/state recommended number of persons with 6 ft social distancing.

### Personal Health Habits-1 John 3

- Handwashing- Wash hands for 20 seconds with warm soap and water. Sing “happy birthday” 2 times. Make sure you wash under your fingernails and wrist area. Avoid touching your eyes, nose, or mouth with unwashed hands.
- Hand sanitizer- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if able to wash hands with soap and water. If using hand sanitizer, it can be used up to 3 times. Then, you need to wash your hands with soap and water. **Hand sanitizer is not effective with visibly soiled hands.**
- Personal thermometer-purchase no touch or other thermometer to monitor temperature if necessary.
- Mask- Wear a cotton cloth mask or face covering to provide some protection for yourself and to prevent spread of COVID-19 to others. N-95 is the best but utilized for healthcare workers/first responders. Use of a vacuum cleaner bag, flatten air condition or coffee filter with a mask can offer nearly 80% protection.



## **“Watch, Wash and Pray” COVID-19 Recommendations**

### **Household Plans-Isaiah 1:16a**

- If you are sick, remember to isolate, phone your physician, monitor your symptoms, eat, drink, and rest. If you must leave your home, **wear a mask or face covering**.
- Caring for yourself or others at your home.
  - if alone, contact your physician with questions, isolate, eat, drink, and rest.
  - if caring for others, wear a face covering/mask, wash hands, isolate.
- Disinfecting your home if you or someone is sick
  - Use all household cleaning products according to manufacturer’s instructions (ex: Lysol, Bleach, etc.).
  - Isolating in a hotel or separate part of the house is a must. If others reside in the home, common areas (ex: kitchen or bathroom) can’t be shared unless disinfected after each use. There may still be a possibility of contamination.
- Buy food monthly-Genesis 41:48 (Don’t forget fruits, veggies, and water).
- Medicines for 90 days - check with your doctor to make sure it’s allowable.

### **Recovering at Home-Isaiah 26:20**

- Monitor your symptoms in am and pm.
- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- Should not leave home except to go to medical appointments.
- Maintain good hand hygiene and cough etiquette. Caregivers should wear a face covering or mask.
- Do not share dishes, towels, and other household items. Launder items with hot water after use by recovering family member. Do not mix laundry.
- Disinfect high-touch surfaces such as counters, doorknobs, light switches, toilets, phones, and computers daily.
- Family members at high risk (over the age of 65, young children, pregnant women, cancer patients, diabetics, chronically ill, etc.) should move to another location outside of the home.

### **What to Do if Loved Ones are Still Working and Coming Home**

- Leave shoes at work or garage, wipe or spray with Lysol.
- Set up a room for changing clothes (RVs can be used as well).
- Take shower or bath before joining family.
- Social distancing in home if family member with pre-existing illness.
- Launder clothes/items on a daily basis or as often as needed in hot water.
- Avoid sharing dishes, towels, utensils.
- Take additional measures when doing general/household cleaning.
- Use all household cleaning products according to manufacturer’s instructions.
  - 5 Tbsp or 1/3 cup disinfecting bleach to 1 gallon of water
  - 4 tsp. disinfecting bleach per quart of water



## “Watch, Wash and Pray” COVID-19 Recommendations

### Discontinuing Home Isolation-John 16:33

If you have tested positive for COVID-19, you should remain in isolation until the Public Health Department has notified you in writing that at least 3 days (72 hours) have passed since recovery. Recovery is defined as resolution of fever without use of fever-reducing medications and improvement in respiratory symptoms (e.g. cough, short of breath); and at least 7 days have passed since symptoms first appeared.

### Other Considerations

**Healthcare**-call MD or clinic for appts (virtual visits or calls). Visitors may be restricted at hospital. Take care of your Health.

**Advance Directives/In Case of Emergency-Isaiah 38:1b**-update your living will, give copy to a family member. Utilize the INU Vial of Life.

**Mental/Spiritual Health Support –Psalms 61:2; Psalms 27:5** - other non Covid-19 activities; prayer warriors and Pastor provide support to saints and community. Prayer lines, conference calls; Google Duo/Facebook video calls/Messenger. IDOW Grief Recovery Support Line-Third Wednesday 5:00 pm PST/7:00 pm CST; 8:00 pm EST 605-562-0400/code: 2116157#. Deborah’s Warriors Prayer Line-Fourth Friday 5:30 am PST; 7:30 am CST; 8:30 am EST 712-832-8321/code: 5298176#. **INU Prayer Line**-Every Thursday starting 5/7/20 5:00 pm PST; 6:00 pm MST; 7:00 pm CST; 8:00 pm EST 978-990-5000/code: 348437# Playback Number 1-978-990-5099

### Scriptures on Healing and Comfort during Pandemic-Psalms 91

**Joshua 21:45:** Not one of all the Lord’s good promises to Israel failed; everyone was fulfilled.

**Philippians 2:13:** For it is God who works in you to will and to act in order to fulfill his good purpose.

**Matthew 8:2-3:** It is God’s will for you to be healed. 2 A man with leprosy came and knelt before him and said, “Lord, if you are willing, you can make me clean.” 3 Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” Immediately he was cleansed of his leprosy.

**Exodus 15:26:** If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.”

**Deuteronomy 7:15:** The Lord will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt, but he will inflict them on all who hate you.

**Psalms 107:20:** He sent out his word and healed them; he rescued them from the grave.

**Mark 11:22-23:** Jesus answered. 23 “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.

**John 16:33:** These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

**Isaiah 41:10:** Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.



## **“Watch, Wash and Pray” COVID-19 Recommendations**

### **Transition Plan for Church’s Health Ministry**

*This form is designed as an outline of suggested preparations and/or considerations for your health ministry to take prior to your church re-opening.*

- Disinfect the Church before and between services.
- Sanitation Station-at the door if necessary, on church re-opening. Includes hand sanitizer, gloves, masks and no touch thermometer. Saints are instructed on the use of these items. Soap and water should be available in bathroom Each saint can wear gloves (optional) and mask, stand 6 ft apart if necessary. COVID-19 Questionnaire should be completed on each saint prior to church entry.
- Worship according to CDC/state recommended number of persons with 6 ft social distancing. Saints  $\geq 65$  years of age and anyone who have risk high conditions (hypertension, diabetes, respiratory conditions, immunocompromised, etc.) should continue remote services until COVID-19 is under control.
- Church Database
  - Members’ Contact info
  - Emergency Contact and/or Next of kin
  - Medical history-medications and allergies
  - Copy of Advanced Directives
- Emergency Preparedness Guidelines
  - Meeting Location in Case of Emergency
  - CPR or rapid response team
  - First Aid Kit and Supplies
- Mental Support
  - Spiritual Counseling- Clergy and Prayer Warriors
  - Professional Counseling
  - Grief Counseling
- Church Activities
  - Communion
  - Choir, Praise Team and Praise breaks
  - Greeters
  - Fellowship Hall
  - Altar Call
- Education
  - Caregiver Support
  - Home Monitoring
  - Return to work and public activities
- Community Resources
  - Doctor Appointments/ER Visits-call ahead prior to going. Tell them about your reason for visit, your symptoms, if there has been recent travel
  - Hospital/Nursing Home visitation may be restricted
  - Food Pantry/Social Services



## “Watch, Wash and Pray” COVID-19 Recommendations

### Questionnaire

This screening is to identify those people that may be potentially infected with the coronavirus.

1. Are you 65 years of age or older? Yes \_\_\_\_\_ No \_\_\_\_\_
  
2. Have you had any of the following (that you cannot attribute to another health condition)?  
 Cough • Sneezing • Sore Throat  Fever • Muscle aches • Shortness of Breath  
 Diarrhea • Loss of taste/smell • Other COVID symptoms \_\_\_\_\_ • None
  
3. Have you traveled outside of the U.S. or to any of the hotspot states within the last 14 days? (*New York, New Jersey, Michigan, Louisiana, Georgia, Washington, California, Texas, Illinois, Ohio, Connecticut, Maryland*) Yes \_\_\_\_\_ No \_\_\_\_\_
  
4. Have you been in contact with anyone who has tested positive or have traveled to any of the hot spot states within the last 14 days? Yes \_\_\_\_\_ No \_\_\_\_\_

If you are screening, please use NO TOUCH thermometers.  
Please use 60-90% hand sanitizer or wash hands for 20 Seconds.

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**\*\*\*If temperature is 100.2°F or greater**

Recommendations - per Nurse’s Unit discretion and/or Pastoral approval



- \_\_\_\_\_ May enter designated area with face covering.
- \_\_\_\_\_ Recommendation: Home for monitoring.
- \_\_\_\_\_ Recommendation: Seek medical attention.

Date \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

Documentation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## **“Watch, Wash and Pray” COVID-19 Recommendations**

### **International Nurses Unit (INU) COVID-19 TASK FORCE**

Evangelist Sharon Woodfox-Ryan, BSN, RN, FCN  
International Nurses Unit, President  
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Mother Lena I. McClain, Supervisor of Women  
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Elder Gilbert Freeman, Jr., Pastor

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Nurse Unit President  
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Bishop Johnnie J. Johnson, Prelate  
Mother Willie Mae Rivers, Supervisor of Women  
St. Noah COGIC  
Elder Roy Hooker, II, Pastor

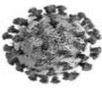
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Mother Evelyn Cooper, Assistant Supervisor of Women  
Faith Temple COGIC  
Elder Frank Jenkins, Sr., Pastor



# Symptoms-COVID-19, Seasonal Flu, Common Cold, Seasonal Allergies

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