

# Rhema Word Ministries Newsletter

Rhema Word Ministries (RWM) Family. While it is yet our vision to fulfill the great commission of our Lord and Savior Jesus Christ in short by ministering to the whole man, we also desire to “prosper AND be in health, even as our soul prospers” (3 John 1). The current circumstances surrounding the COVID-19 pandemic warrants guidance through this period to ensure adherence to not only the protection of ourselves but the church and the community through education. All information contained within this newsletter is supported and recommended by the Centers for Disease Control and Prevention (CDC).

## What is Coronavirus?

A type of virus with multiple strains. The first strain was identified and widespread in 2002 which originated out of china and was known as SARS-CoV (Severe Acute Respiratory Syndrome-Covid Virus). Another breakout of the corona virus known as MERS-CoV (Middle Eastern Respiratory Syndrome-Covid Virus) was an epidemic in 2012. The newest form of corona virus, SARS-CoV-2 also known as COVID-19 (Severe Acute Respiratory Syndrome-Covid Virus 19) was initially identified as an outbreak in china during the last quarter of 2019 and is now globally widespread (Pandemic).

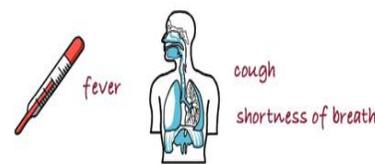
Respiratory Syndrome-Covid Virus 19) was initially identified as an outbreak in china during the last quarter of 2019 and is now globally widespread (Pandemic).

## How does COVID-19 Spread?

The official source of COVID-19 is unknown. However, it is confirmed that it is transmissible through respiratory droplets and can spread from person-to-person and through contact with contaminated surfaces or objects. The life of the virus on surfaces and objects has an average of 9 hours to a few days if not disinfected.

## What symptoms are associated with COVID-19?

Some individuals may be asymptomatic, meaning having no symptoms. Some individuals may exhibit very mild cold like symptoms. The most common moderate symptoms are elevated fever (100.4 degrees Fahrenheit), cough, and shortness of breath. Moderate symptoms lead to severe pneumonia requiring hospitalization. If you believe that you have a medical emergency don't hesitate to contact your physician or visit nearest emergency room.



## How can I help prevent the spread of COVID-19?

- Stay home if you have symptoms of cold/flu
- Disinfect high touch areas **FREQUENTLY** with bleach (COVID-19 is destroyed in less than 1 minute with bleach contact but it is highly recommended that the surface stays wet for at least 1 minute)
- Cover cough or sneeze with tissue or into your elbow to avoid contaminating environment
- Perform hand hygiene with warm water for 15-20 seconds or rub sanitizer on all surfaces of hands until completely dry frequently throughout the day, after contact with other individuals and objects.

## Helpful Health Tips

**\*Rest, Eat, Drink Water, Take Vitamin Supplements & Exercise\***

## RWM Health

RWM Family and friends can be assured that as we continue forward in ministry, we actively maintain a clean and safe environment through the process of disinfecting. We have also adopted screening protocols as recommended by the CDC which includes but is not limited to assessing the temperature of each individual that desires entry into the church. Please also be reminded that we continue to adhere to keeping gatherings to 10 people or less to uphold the mandate of social distancing. Thank you for agreeing to the adjustment that serve in protecting our community.

<https://www.rhemawm.org/>

