



NEWS ALERT

Coronavirus: What You Need to Know

What Is It?

The novel (new) coronavirus disease (COVID-19) is a virus that was first detected in December 2019 in China and is spreading to other countries. Current understanding of this new virus is based on what has been observed about it since December and what is known about similar coronaviruses.

How Does It Spread?

The virus appears to spread through droplets when an infected person coughs or sneezes.

1. These virus droplets can travel an estimated six feet and land in the mouths or noses of people nearby or be inhaled into the lungs.
2. These virus droplets can also fall onto surfaces such as doorknobs or counters and can transfer to the hands of people who touch these surfaces.
3. People who have the virus sometimes do not feel sick at first, or sometimes never feel sick, yet can still spread the virus.

How Can I Protect Myself and My Family?

1. Wash your hands often with soap and water especially before eating. When you wash your hands, be sure to lather for 20 seconds, paying attention to often-missed spots like wrists and between fingers.
2. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
3. Avoid touching your eyes, nose and mouth.
4. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
5. Wear a face mask if you are in close contact with someone who is sick with the coronavirus or

suspected of having it, such as a relative at home.

How Can I Prevent the Spread of Coronavirus?

1. Except for getting medical care, stay home when you are sick.
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If a tissue is not available, cough or sneeze into your elbow.
3. Wear a face mask if you are sick.

How Do I Know If I Have the Coronavirus?

COVID-19 is predominantly a respiratory disease. Symptoms include a cough, shortness of breath and a fever.

What Should I Do If I Think I Might Have the Coronavirus?

Health experts say most people who contract the coronavirus experience mild symptoms and do not require hospitalization. However, if you are experiencing severe symptoms, such as difficulty breathing, seek prompt medical attention.

Who Is Most at Risk?

Doctors say those who experience the most severe cases of COVID-19 tend to be older and with other existing health problems. Younger people with compromised immune responses can also face increased risk.

How Can I Stay Informed About the Coronavirus?

For the latest news about the coronavirus, visit CBNNews.com and CDC.gov (Centers for Disease Control and Prevention).

Psalm 91 (NKJV)
**Safety of Abiding in the
Presence of God**

- 1** He who dwells in the secret place of the Most High
Shall abide under the shadow of the Almighty.
- 2** I will say of the LORD, “He is my refuge and my fortress;
My God, in Him I will trust.”
- 3** Surely He shall deliver you from the snare of the fowler
And from the perilous pestilence.
- 4** He shall cover you with His feathers,
And under His wings you shall take refuge;
His truth shall be your shield and buckler.
- 5** You shall not be afraid of the terror by night,
Nor of the arrow that flies by day,
- 6** Nor of the pestilence that walks in darkness,
Nor of the destruction that lays waste at noonday.
- 7** A thousand may fall at your side,
And ten thousand at your right hand;
But it shall not come near you.
- 8** Only with your eyes shall you look,
And see the reward of the wicked.
- 9** Because you have made the LORD, who is my refuge,
Even the Most High, your dwelling place,
- 10** No evil shall befall you,
Nor shall any plague come near your dwelling;
- 11** For He shall give His angels charge over you,
To keep you in all your ways.
- 12** In their hands they shall bear you up,
Lest you dash your foot against a stone.
- 13** You shall tread upon the lion and the cobra,
The young lion and the serpent you shall trample underfoot.
- 14** “Because he has set his love upon Me, therefore I will deliver him;
I will set him on high, because he has known My name.
- 15** He shall call upon Me, and I will answer him;
I will be with him in trouble;
I will deliver him and honor him.
- 16** With long life I will satisfy him,
And show him My salvation.”

Fact Resources:

Note: Before beginning any new health regimen, it is important to consult your family physician or healthcare professional first. The information given in this issue of *A Closer Look* is for your consideration. It is not intended to diagnose, treat, cure or prevent any disease. Before starting or stopping any exercise routine or nutritional supplementation, please consult your family physician or healthcare professional about any contraindications that would make doing so inadvisable.

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