

HOPE

HELPING. OUT. PEOPLE. EARNESTLY

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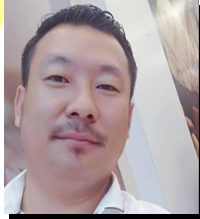
COVID19 QUARANTINE CENTRE
 LIVINGSTONE FOUNDATION INTERNATIONAL
 KEVIJA-Ü/THAHEKHU, DIMAPUR
 Managed by Western Sümi Hoho &
 Western Sümi Baptist Akukuhou Küqhakulu (WSBAK)

e-Newsletter

VOL-1 ISSUE NO -18

T U E S D A Y

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Jesse K. Yeptho
 Secretary - DoCEM, WSBK

COVID19

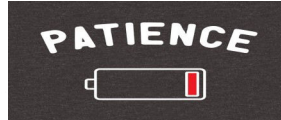
SOME DO'S & DON'TS:

Do's

1. Always use Hand Wash or Hand Sanitizer
2. Always Cover Your Mouth & Nose
3. Consult A Doctor If Sick
4. Stay Indoors
5. Maintain Social Distancing

Don'ts

1. Avoid Close Contact With Anyone
2. Do Not Spit
3. Avoid Close contacts
4. Don't Panic
5. Don't Touch Your Face, Eyes & Nose



I am always at a lost of words when I sit to write, but when it comes as a blessing to me and to my readers I have to PATIENTLY sit and rope in words and fill up the page. I was approached twice, thrice to write few lines for the newsletter, but taking the excuse of being in the media team I was giving others the first priority (while I was quietly sneaking away), but here I am scratching my head and trying to fill in words, so let me start by sharing a story,

A man was walking through a supermarket with a screaming baby in the shopping cart. A woman nearby noticed that time and again the man would calmly say: "Keep calm, Albert. Keep calm, Albert. Finally, in admiration for the man's *patience* as the child continued to wail, the woman walked up to him and said: "Sir, I must commend you for your *patience* with baby Albert." To which the man replied, "Madam, I am Albert!" (*Encyclopedia of Illustrations - #9054*).

In a moment such as this where we are under constant fear and uncertainty because of the corona virus around us, I feel what we all need at this point of time is something called PATIENCE, one of the fruit of the spirit mentioned in Galatians 5:22-23. I've heard many a time people saying that their Patience is running out, but the situation around us today is like a boring tool enlarging the holes for patience to not just run out but dried up. But that does not give us the permission to be impatient but rather an opportunity to exercise the patience within us.

There's an interesting topic called "patience where are thou" in the book "Who Put Lemons in My Fruit of the Spirit?: Fresh-Squeezed Insights from the Book of Galatians (Devotions for Young People)" by Martha Bolton, it's a search for patience. Seriously, we can't find patience in today's world where everything is instant. If patience was to be personified we would hardly see it around. Parents are trying hard for patience to stay with them while they deal with their children who now stays with them 24/7 unlike other days (prior to Covid-19 pandemic). There are different definitions of patience, like "bear it" (Stoicism), "move away from it"(Escapism), "deal with it"(Humanism), etc. but the Bible tells us that patience is a fruit of the Spirit, which means it is God's character (Exodus 34:6 "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,"

II Peter 3:15 Bear in mind that our Lord's patience means salvation, just as our dear brother Paul also wrote to you with the wisdom that God gave him). Therefore, we ought to constantly be in touch with Him through prayer, reading of His word, to truly have patience.

Covid-19 looks much bigger than it is because of the absence of patience in us. We are all in this together but many who have lost their patience want to quickly send out false information about the virus, quick to forward rumours, quick to react to a mis-understanding, too quick to judge a scenario we don't really understand. Let's learn to be patient at such a time as this because impatience can bring huge damage in our life and others around us. Parents who are out of PATIENCE need to seek God's face even more than before so that your children will learn from you. Let's all have patience because this is the need of the hour. Romans 12:12 tells us to "Rejoice in hope, be patient in tribulation, be constant in prayer." Psalm 40:1 "I waited patiently for the Lord; he inclined to me and heard my cry."

May God help us to have much patience so that even at the most difficult situation we would be able to stay put and calmly say "All is Well". God bless us all. Amen.



HEAL ME, OH LORD!

Heal me oh Heal me Lord (2x)
Touch me with your healing hands
Heal me oh heal me Oh Lord. (2x)
Save me oh save me Lord (2x)
From all deadly disease
Save me Oh save me oh Lord

<https://www.youtube.com/watch?v=QMgwQWpRjsg>



COVID-19 MYTH BUSTERS

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



#Coronavirus #COVID19

FACT:
Taking a hot bath does not prevent the new coronavirus disease



To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

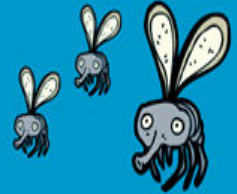
The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.



#Coronavirus #COVID19

FACT:
The new coronavirus CANNOT be transmitted through mosquito bites



Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care.

If you have a cough, fever and difficulty breathing seek medical care early – call your health facility by telephone first.

If you have fever and live in an area with malaria or dengue seek medical care immediately.



#Coronavirus #COVID19

FACT:
Most people who get COVID-19 recover from it



There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.



#Coronavirus #COVID19

FACT:
Cold weather and snow CANNOT kill the new coronavirus



27 May 2020

AVAILABLE FOR TELEMEDICAL CONSULTATION



Through : Voice Call
 WhatsApp video call/Chat
 SMS

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For Details contact :
+91 8787593557
Between 9:00 am to 4:00 pm.



I PLEDGE MYSELF

TO ABIDE BY THE NORMS,

FOR AM A RESPONSIBLE CITIZEN.
STAY HOME, STAY SAFE.

-KITONI AWOMI-

TUESDAY



Breakfast was prepared by Thahekhu VLO



Lunch was prepared by Madam Toyeli Samson.



Dinner was prepared by Akuvuto Community.

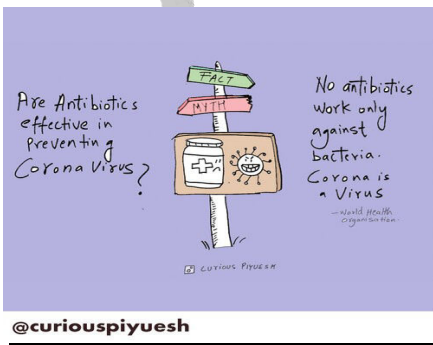


SOCIAL DISTANCING



Evening Worship Service led by K. Hollohon Baptist Church. Message by Rev. Helkath Kappo & Special no. by Miss Vilivi.

Special thanks to Aghunaqa Area Students' Union AASU, for donating food packets for the inmates.



Shops and Market



Relaxation is given only by the Government.

CORONA hasn't given Relaxation.

Be careful and Be safe. India has the habit of losing in FINALS

There are five key steps to tackle the coronavirus: Hands Elbow, Face, Distance and Feel



STATUS UPDATE

60 RETURNEES released from Q - Centre LFI, at Present 78 inmates at Q - centre LFI.

HELPLINE NUMBERS:

For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003: 9436004409: 8837207330

Organiser's: 8787581778/9402832881: 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M)

Soliciting your cooperation