

ISSUE DATE
JANUARY 2021
WRITTEN JULY 2020

Prescription FOR REVENTION

The health magazine of Truth for the Final Generation

Health

DURING **COVID-19** & BEYOND

WHAT'S INSIDE

An Overview of
INFECTIOUS DISEASES
THEN & NOW COVID-19

The Role of
VITAMIN D
in Protecting Against
Respiratory Infections

How **STRESS** Affects
Your **ORAL HEALTH**

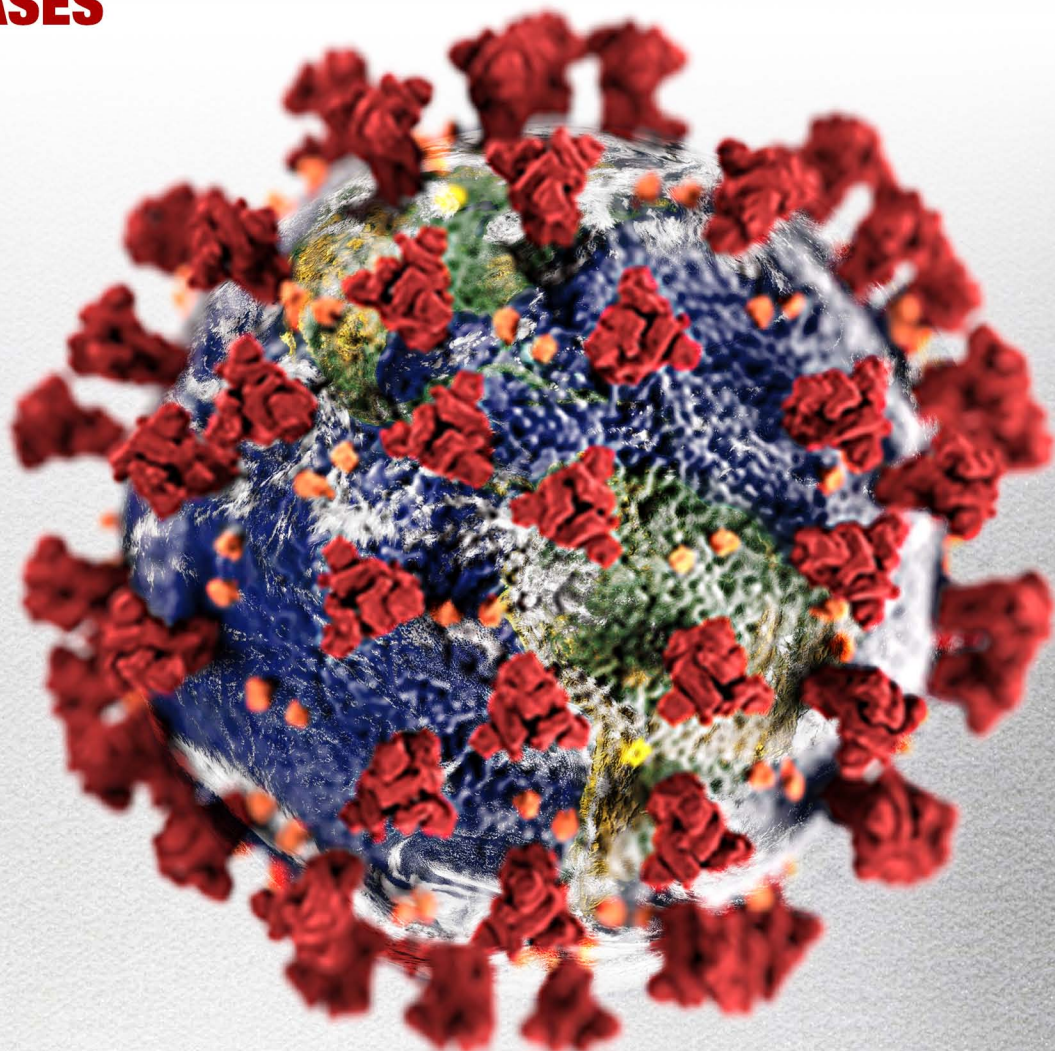
MENTAL HEALTH
& Covid-19

BALANCING the
HEALTH & LIVELIHOOD
Considerations during the
COVID-19 Pandemic & beyond

EXERCISE
to prevent Covid-19

Great healthy
RECIPES

& MUCH MORE...





Join us for our
**WEEKLY VIRTUAL
SESSIONS**



Meeting SCHEDULE

SUNDAY

TFFG Sunday Evening Meeting

MEET TIME: 6:00 P.M.

MEETING ID: 393 840 7674

TUESDAY

Checker Hall Small Group

MEET TIME: 7:15 P.M.

MEETING ID: 955 6668 4321

WEDNESDAY

TFFG Wednesday Night Prayer Meeting

MEETING TIME: 7:15 p.m. Eastern Time

MEETING ID: 890 1468 2693

THURSDAY

Truth for the final generation Bible study

TIME: 8:00 P.M. - 9:00 P.M.

MEETING ID: 814 3586 7838

FRIDAY

TFFG Youth Sabbath School Bible Study

MEETING TIME: 7:00 - 8:15 P.M.

MEETING ID: 619 486 0743

PASSWORD: 635318

Baptismal Class

MEETING TIME: 7:00 P.M.

MEETING ID: 393 840 7674

Women's Ministry Prayer Meeting All Women invited

MEETING TIME: 7:30 P.M.

MEETING ID: 313 054 9564

SABBATH

TFFG Youth Sabbath School Bible Study

MEETING TIME: 10:30 A.M. - 11:30 A.M.

MEETING ID: 619 486 0743

PASSWORD: 635318

Health Presentation

MEET TIME: 5:00 P.M.

MEETING ID: 393 840 7674



Preface

Truth for the final generation church believes that health is the right arm of the gospel. This is now twenty-four years that the church has been reaching out to the Barbadian community to deliver a holistic health message and offer testing for Chronic Non-Communicable diseases.

This year 2020 is certainly an unprecedented year like none other, a year with many challenges that would further impact the health of our communities.

As Covid-19 sweeps the globe we all stand with gaping lips as we seek to address the many health issues during this Pandemic and consider strategies for life beyond. Covid-19 is the greatest global threat the world has seen since World War II.

The level of globalization and interconnectedness has rendered this infection particularly destructive. At the start of the pandemic obesity, non-communicable diseases, weakened immune system (including caused by taking steroids or other medications that affect the immune system) have caused adverse effects and death. As the pandemic continues younger persons are also at risk especially those that vape,

persons that refuse to adhere to public health protocols such as wearing masks, physical distancing and hand hygiene.

Heroic sacrifices have been made by health personnel and frontline workers across Barbados, while the wider community, also affected demonstrated its readiness to follow measures to curb COVID-19. The COVID-19 pandemic is primarily a health issue but requires a multi-sectoral initiative with scientific advancement and research breakthroughs. Development of new affordable, and effective vaccines and treatments are key priorities. Research, development and scientific advances require a multifaceted approach from international collaboration between governments, private sector, the scientific community, universities and non-governmental organisations.

We can learn many public health lessons from the ineffective global response to COVID-19; the Barbados government has shown exceptional leadership as a strong decision was taken to lockdown, mandate protocols and prevent commercial travel to halt the spread of the virus. As Commercial travel reconvenes in July one can expect to see new cases emerging as the USA and other countries continue to observe spikes in cases and deaths.

It is important that each person takes the response to COVID-19 seriously, following the protocols and guiding principles outlined by public health leaders. Physical distancing, wearing of masks, handwashing and other public health measures will continue for a while. It can no longer be business as usual. This new 'normal' will continue until a vaccine is developed, trialled and proven efficacious. 🌱

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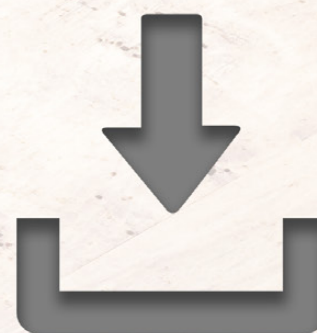
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“ Study to shew thyself approved unto God,
a workman that needeth not to be ashamed,
rightly dividing the word of truth.
2 Tim. 2:15 KJV ”

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Contents

PLEASE NOTE: THESE ARTICLES WERE WRITTEN IN JULY 2020. WITH THIS IN MIND, SOME STATISTICS AND DATA MAY HAVE CHANGED SINCE THEN. HOWEVER THE GENERAL INFORMATION IS STILL RELEVANT. WE INVITE YOU TO READ AND WE HOPE YOU CAN GAIN SOME MEANINGFUL INFORMATION AND BE BLESSED BY WHAT WAS PREPARED.

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An Overview of Infectious Diseases Then & Now COVID-19

By Dr Carmeta Douglin

Outbreaks of infectious diseases are occurring with increasing frequency and can be unpredictable. To understand a little about infectious diseases we will travel back in time. Initially disease was thought to be caused by evil spirits or a divine intervention...

Covid-19 Underscores the Importance the Primary Prevention Lifestyle

By Dr Elliot Douglin

We have clearly seen that people who are obese, who have hypertension, diabetes, atherosclerosis, and any of the chronic non-communicable diseases, are far more likely to develop severe illness or to die if they contract Covid-19 infection....

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The Role of Vitamin D in Protecting Against Respiratory Infections

By Dr Elliot Douglin

How important is vitamin D3 for protection against acute respiratory infections including colds and flu?

Many studies over many years had yielded conflicting results. So the answer was unclear and uncertain...

The Negative Impact of Stress on Immunity

by Nicole Joseph

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Today we are going to talk about the Immune System and the negative impact that stress can have on it. The Immune System can be defined as a complex network of cells and proteins that defend the body against infection....



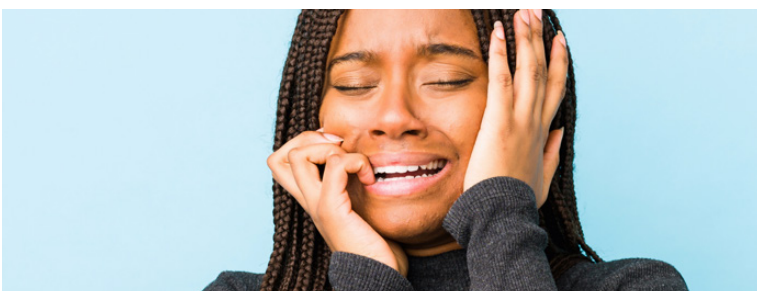
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How Stress Affects Your Oral Health

A stressful life affects your teeth
by Jemma Richardson

Today, I want to share with you the effects of stress on your Dental Health.

Stress is the natural response of the body to any demand or threat, whether it is imagined or real - physical, mental and emotional...



Massage & Benefits of the digestive system

by Danielle Waterman

Massage is the manipulation of the body's soft tissues. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body ...stress or pain.

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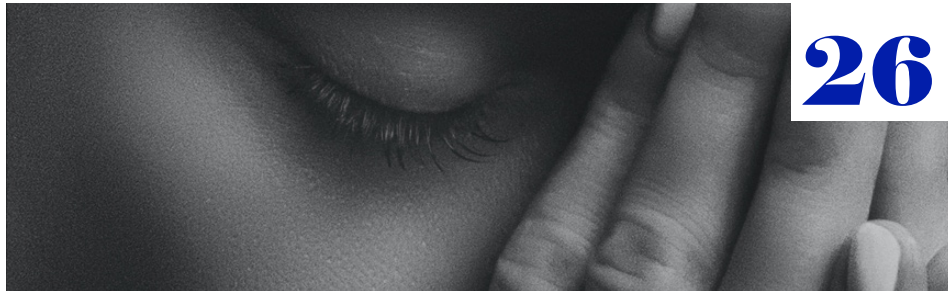


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Taking Care of Your Emotional Health

Saul Leacock

It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. You need to notice and accept how you feel...



Mental Health & Covid-19

by DR. Kadisha Douglin

The reality is that the incidence of poor mental health has been increasing over the last decade, with 1 in 4 people world wide experiencing a mental health problem, and 1 in 6 having a mental illness. The World Health Organization's theme for World Mental Health Day 2019, was Suicide prevention....

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Balancing the Health & Livelihood considerations during the COVID-19 Pandemic & beyond

by Timothy Odle

No one can dispute that the COVID-19 virus is a very serious health threat and that there is a need to adhere to the advice given by the World Health Organisation (WHO), the Caribbean Public Health Agency (CARPHA), and local public health authorities...

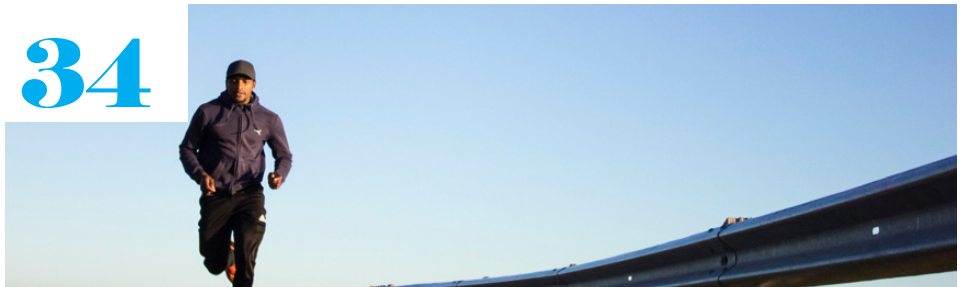


Exercise to prevent Covid-19

by Steve Codrington

If the COVID-19 pandemic is teaching us anything, it's the importance of being healthy and having a robust immune response. Aside from old age, people with underlying health conditions such as diabetes and heart disease are at increased risk of complications from the disease, and obesity has been found to be the biggest determinant, after old age for whether a patient will require hospitalization...

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Recipes




Self-care and support for young people




Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some **self-care tips** to help **protect against stress**:

Try



Nurture your physical health – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.




Set aside time to have fun or do something nice for yourself – positive emotions can help build a buffer against stress.


Spend time on an activity you enjoy – whether painting, playing guitar, or learning a new sport.




Talk to someone – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.



Avoid




Overdoing it on caffeine, alcohol or sugar – they're a quick fix which can increase stress in the long term.



Overworking – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

Chasing perfection – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

Too much screen time – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

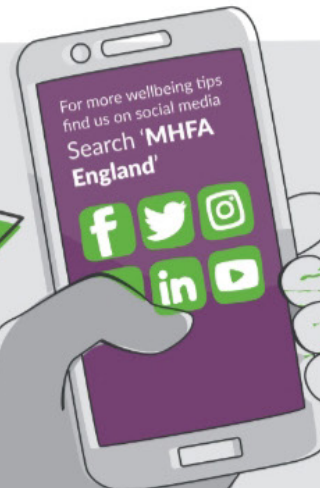


Bottling up your feelings and assuming they will go away – this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself – **there is no shame in seeking help**.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See a **list of support organisations at mhfaengland.org**



An Overview of Infectious Diseases Then & Now COVID-19

By Dr Carmeta Douglin (DrPH) Public Health Specialist

Outbreaks of infectious diseases are occurring with increasing frequency and can be unpredictable. To understand a little about infectious diseases we will travel back in time. Initially disease was thought to be caused by evil spirits or a divine intervention. But really the revolution in all of medicine, and particularly in infectious disease, was the germ theory of disease. It was only after the microscope was improved to a point where people could actually see these things with their eye that persons took it seriously, because it was unheard of to think something so small could kill a human.

An infectious disease just means the disease is caused by a microorganism, bacteria, viruses, fungi, or parasites. A contagious disease is a disease that can be spread from one person to another. So something like influenza or coronavirus is a contagious disease, where one person has it, they spread it to another person.

The simplest way a disease can spread from a person to person is through contact transmission. The next type of transmission is called droplet transmission, and these are visible droplets that come out of you when you sneeze, when you cough, when you vomit. The last type I'm going to mention is airborne transmission. This

means a disease that can spread through miniature droplets that are really invisible, that are suspended in the air. That means that, if the infected person leaves the room, the air is still infected.

Past Pandemics

Throughout history greatest mortality in humans has been from infectious diseases: viruses, bacteria and parasites, not natural disasters like hurricanes, earthquakes or volcanoes, or even war. Over the millennia, epidemics, and pandemics in particular, have been mass killers on a scale we can't begin to imagine today.



1720
PLAGUE



1820
CHOLERA



1920
SPANISH FLU



2020
CORONA VIRUS

The plague of Justinian (541-549) struck in the 6th century and killed as many as 50 million people, possibly half of the global population at the time. This was the beginning of the first plague pandemic caused by the bacterium *Yersinia pestis* which was thought to have originated in China and northeast India. Transmission was caused by the Black Rat (*Rattus rattus*) which travelled on ships during the delivery of grain.

The Black Death (also known as the Pestilence, the Great Mortality or the Plague) was the deadliest pandemic recorded in human history thus far. The Black Death resulted in the deaths of up to 200 million in Eurasia and North Africa, peaking in Europe from 1347 to 1351.

The Great Plague of Marseille was the last major outbreak of bubonic plague in western Europe. The plague arrived in Marseille, France in 1720 and killed a total of 100,000 people: 50,000 in the city during the next two years and another 50,000 to the north in surrounding provinces and towns.

The first cholera pandemic (1817-1824) known as the first Asiatic cholera pandemic or Asiatic cholera, originating near Calcutta and spread throughout South and Southeast Asia to the Middle East, eastern Africa and Mediterranean coast, reaching as far as China. This was the first of several pandemics to sweep through Asia and Europe during the 19th and 20th centuries. The total deaths remain unknown but it is speculated that the death toll was over 8 million.

The Spanish flu pandemic of 1918, was considered the deadliest in history, infected more than 500 million people worldwide (1/3 planet's population) and killed over 20-50 million people (including 675,000 Americans). The Spanish flu was observed in Europe, the United States of America and parts of Asia before swiftly spreading around the world. The first wave of the pandemic occurred in the spring and was generally mild, however, a second, highly contagious wave of influenza appeared with a vengeance in the fall of the same year. Victims died within hours or days of contracting the virus, with symptoms of blue skin, and lungs filling with fluid that caused them to suffocate. America's average life expectancy plummeted by a dozen years in 1918.

CORONAVIRUS

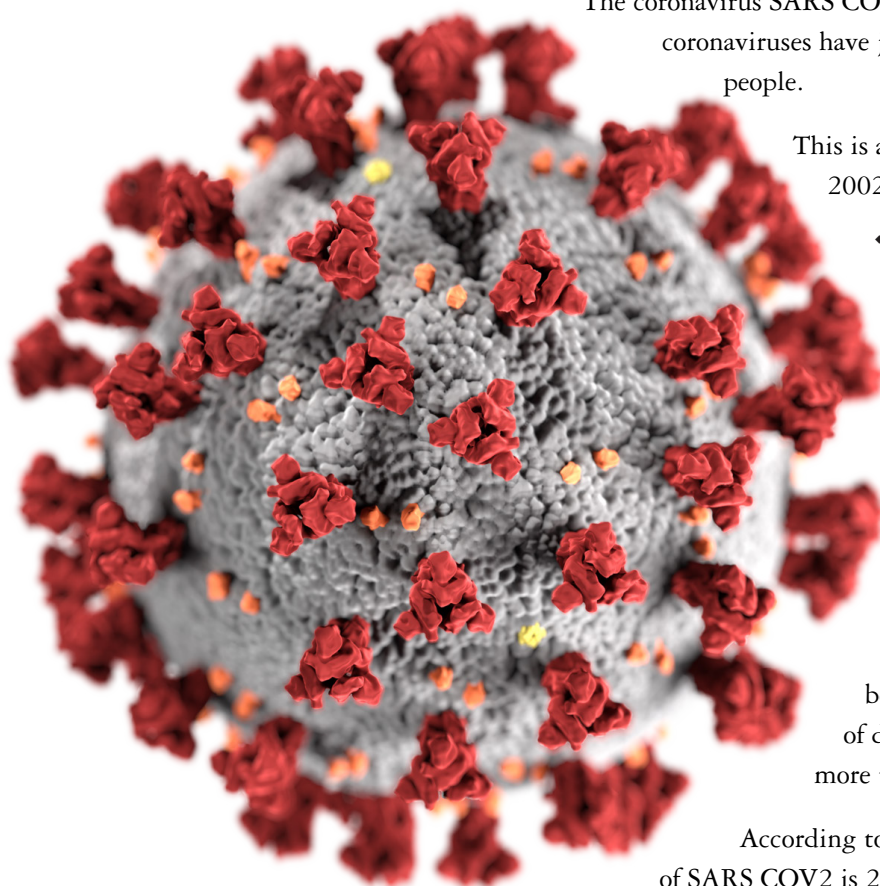
The coronavirus SARS COV 2 is thought to have originated in bats. Special coronaviruses have jumped species and can be transmitted between people.

This is actually the 3rd coronavirus to have done so since 2002:

- ❖ *Severe Acute Respiratory Syndrome (SARS)* COV emerged in Guangdong, China, in 2002 (Civet cat)
- ❖ *Middle Eastern Respiratory Syndrome (MERS)* COV emerged in the Middle East in 2012 (Camel)
- ❖ *SARS-CoV-2* emerged in Wuhan, China, in November 2019

The *infectious period* is the time during which someone infected with SARS-CoV-2 can transmit the virus to other people. The infectious period begins 2 days before the start of signs and symptoms of disease. Mild illness last about 10 days while severe more than 2 weeks.

According to Johns Hopkins University the RO or R NAUGHT of SARS COV2 is 2-3 (same as influenza) this is the reproductive



number or the the number of people one infectious person will infect if everyone that person has contact with is susceptible.

Infected people can transmit the virus through mouths, noses, throats by droplets which are emitted when persons talk, sing, laugh, cough, and

sneeze. Droplets can enter another person's mouth, nose, eyes and travels up to 6 feet.

REDUCED TRANSMISSION BY:-



Wearing Masks to cover both nose and mouth



Thorough cleaning of surfaces that may become contaminated



Thorough and frequent handwashing

Everyone is at risk but some persons, 80% will have mild or no symptoms while others may have severe illness and some persons will die.



On March 11th 2020 the World Health Organization declared the outbreak a pandemic as the virus had spread to every region in the world. Up to July 2020 over 17 million persons were infected and over 670, 000 persons died during the first wave of the pandemic. In March 2020 the first imported case of COVID-19 reached the Caribbean shores causing countries to adopt significant measures to counteract the highly infectious disease. The Caribbean was not as affected with cases and deaths as Europe, the USA, Russia, South America and Africa. However, the economic down turn was greatly felt in the Caribbean similar to other countries globally.

At July 26, 2020 they were a total of 51,202 active cases, 1,666 deaths and 40, 130 recovered but 6 months by January 10th 2021 total of 128,442 active cases with 6,025 deaths and 299,022 recoveries.

Ministry of Health and Wellness, Barbados COVID-19 Situation Report
Wednesday 13 January

GLOBAL CASES: 92,301,617	BARBADOS CASES: 1,007
DEATHS: 1,977,591	DEATHS: 7
RECOVERIES: 66,035,726	RECOVERIES: 465

CARIBBEAN UPDATE CORONAVIRUS DISEASE (COVID-19)

BY MITSY ELLIS-SIMPSON | MJS & ASSOCIATES

as of 26 July 2020 at
10:00 P.M. (GMT-4)

Confirmed Cases in the Caribbean (including CARICOM members)

This list excludes suspected cases.

Country	No. of Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Critical Condition	Total Active Cases	Total Tests	Total Cases/100K Pop.
Dominican Republic	62,908	2,012	1,063	8	28,603	267	33,242	235,289	586
Puerto Rico	15,143	603	201	-	1,359	-	13,583	464,073	474
Haiti	7,297	37	157	1	4,365	-	2,775	16,957	66
Cuba	2,495	17	87	-	2,349	1	59	244,020	22
Suriname	1,439	58	23	-	890	7	526	1,244	255
Jamaica	842	5	10	-	714	-	118	36,194	29
Guyana	370	10	20	-	181	4	169	4,273	48
U.S. Virgin Islands	361	-	7	-	238	-	116	8,372	337
Bahamas	342	16	13	-	91	-	238	3,966	87
Martinique	269	-	15	-	98	4	156	12,227	71
Cayman Islands	203	-	1	-	202	-	-	28,904	308
Guadeloupe	203	-	14	-	176	3	13	15,235	51
Bermuda	154	1	9	-	139	-	6	18,320	235
Trinidad & Tobago	147	-	8	-	128	-	11	6,550	11
Aruba	119	-	3	-	102	-	14	6,464	113
Sint Maarten	114	18	15	-	63	-	36	634	277
Barbados	110	2	7	-	94	-	9	10,140	38
Turks & Caicos	99	2	2	-	35	-	62	1,121	279
Antigua & Barbuda	82	-	3	-	60	-	19	1,012	80
St. Vincent & Gren.	52	-	-	-	39	-	13	1,834	47
Saint Martin	49	-	3	-	41	-	5	1,080	153
Belize	48	-	2	-	26	-	20	3,166	12
Curacao	29	-	1	-	26	-	2	1,080	18
St. Lucia	24	-	-	-	22	-	2	2,934	13
Grenada	23	-	-	-	23	-	-	5,465	21
Dominica	18	-	-	-	18	-	-	1,065	24
St. Kitts & Nevis	17	-	-	-	15	-	2	931	31
Montserrat	12	-	1	-	10	-	1	151	203
British Virgin Islands	8	-	1	-	7	-	-	1,253	26
St. Barthelemy	7	-	-	-	6	-	1	1,246	77
Bonaire	5	-	-	-	2	-	3	293	25
Saba	3	-	-	-	3	-	-	148	157
Anquilla	3	-	-	-	3	-	-	421	20
St. Eustatius	3	-	-	-	2	-	1	28	96
TOTAL	92,998	2,781	1,666	9	40,130	286	51,202	1,136,090	4,292

CARIBBEAN

Confirmed Cases:

92,998

Deaths:

1,666

Critical Condition:

286

Total Recovered:

40,130

GLOBAL

Confirmed Cases:

16,412,694

Deaths:

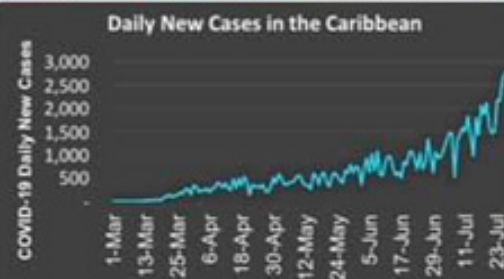
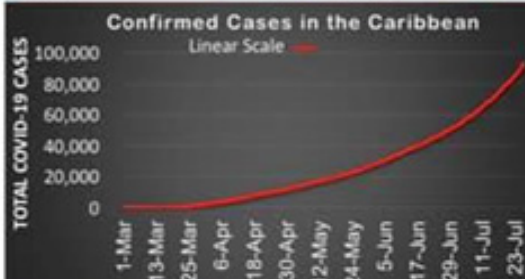
652,000

Critical Condition:

66,245

Total Recovered:

10,042,362



Yellow signifies zero active cases.

Research and compilation conducted by MJS & Associates. Data is sourced from respective Governments, health agencies and other reliable news sources as of the date mentioned above. Please email info@mjsandassociates.com with any cases including details of the source.



Caribbean Update

CARIBBEAN UPDATE CORONAVIRUS DISEASE (COVID-19)

BY MITSY ELLIS-SIMPSON | MJS & ASSOCIATES

as of 10 January 2021
at 11:00 P.M. (GMT-4)

Confirmed Cases in the Caribbean (including CARICOM members)

This list excludes suspected cases.

Country	No. of Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Critical Condition	Total Active Cases	Total Tests	Total Cases/100K Pop.
Dominican Republic	182,103	1,459	2,427	3	138,076	308	41,600	909,877	1,696
Puerto Rico	138,027	1,122	1,594	14	73,760	127	62,673	862,827	4,320
Cuba	14,576	388	151	3	11,863	24	2,562	1,592,607	127
Jamaica	13,548	93	312	1	11,429	6	1,807	145,551	469
Belize	11,303	37	274	3	10,397	1	632	54,627	2,928
Haiti	10,272	-	238	-	8,672	-	1,362	43,211	94
Guadeloupe	8,776	-	154	-	2,242	3	6,380	105,991	2,218
Bahamas	7,969	-	227	-	6,313	1	1,429	54,244	2,016
Trinidad & Tobago	7,265	21	128	-	6,857	3	280	74,912	531
Suriname	7,008	60	133	1	6,276	13	599	29,904	1,244
Guyana	6,574	33	169	2	6,036	5	369	38,324	845
Martinique	6,184	-	43	-	98	4	6,043	79,166	1,643
Aruba	6,042	29	51	1	5,456	-	535	72,624	5,708
Curacao	4,458	13	19	-	3,882	4	557	36,985	2,769
U.S. Virgin Islands	2,153	10	24	-	1,988	-	141	37,589	2,007
Sint Maarten	1,555	1	27	-	1,434	4	94	13,652	3,783
Saint Martin	1,025	-	12	-	855	7	158	12,433	3,191
Turks & Caicos	994	-	6	-	812	2	176	11,984	2,804
Barbados	878	70	7	-	389	1	482	83,086	307
Bermuda	652	6	11	-	551	7	90	149,555	996
St. Lucia	438	-	5	-	314	-	119	20,899	245
Cayman Islands	359	-	2	-	311	1	46	62,134	545
Bonaire	285	4	3	-	184	-	98	3,473	1,417
St. Vincent & Gren.	225	21	-	-	106	-	119	16,528	205
St. Barthelemy	206	-	1	-	172	-	33	8,518	2,256
Antigua & Barbuda	176	7	5	-	152	1	19	7,046	173
Grenada	132	-	-	-	124	-	8	6,781	122
British Virgin Islands	114	-	1	-	95	-	18	15,192	365
Dominica	106	-	-	-	98	-	8	8,028	143
St. Kitts & Nevis	34	-	-	-	31	-	3	5,593	61
St. Eustatius	19	-	-	-	19	-	-	948	605
Anguilla	15	-	-	-	13	-	2	5,958	99
Montserrat	13	-	1	-	12	-	-	626	220
Saba	5	-	-	-	5	-	-	430	261
TOTAL	433,489	3,374	6,025	28	299,022	522	128,442	4,571,303	

CARIBBEAN

Confirmed Cases:
433,489

Deaths:
6,025

Critical Condition:
522

Total Recovered:
299,022

GLOBAL

Confirmed Cases:
90,689,721

Deaths:
1,943,100

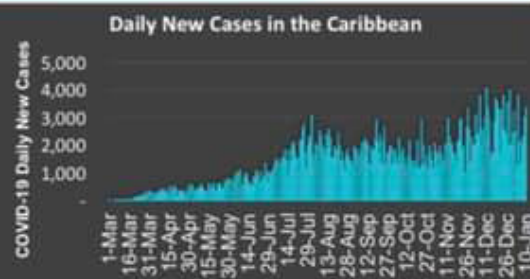
Critical Condition:
108,540

Total Recovered:
64,811,380

www.caribbean-update.com



Caribbean Update



Yellow signifies zero active cases.

Research and compilation conducted by MJS & Associates. Data is sourced from respective Governments, health agencies and other reliable news sources as of the date mentioned above. Please email info@mjsandassociates.com with any cases including details of the source. Please support the Caribbean Update chart. Monetary contributions can be made by PayPal to info@mjsandassociates.com or please email us for other payment methods.



CORONAVIRUS VACCINE: WHERE ARE WE IN JULY 2020

Vaccines save millions of lives annually. Vaccines operate by training and preparing the body's natural defences --- the immune system--- to recognize and fight off the viruses they target. If the body is exposed to the coronavirus, the body is immediately ready to destroy them, preventing illness.

Vaccines normally require years of testing and additional time to produce at scale, but scientists are hoping to develop a coronavirus vaccine within 12 to 18 months

According to the World Health Organization (WHO) 140 Vaccines are in Pre-clinical trials; 19 phase 1; 11 in Phase 2 and only 3 in Phase 3 (large scale open efficacy trials).



There are currently more than 50 COVID-19 vaccine candidates in trials. WHO is working in collaboration with scientists, business, and global health organizations to accelerate the pandemic response. When a safe and effective vaccine is found, COVAX (led by WHO, GAVI and CEPI) will facilitate the equitable access and distribution of these vaccines to protect people in all countries. People most at risk will be prioritized. As countries work towards



rolling out a safe and effective vaccine fairly, it is essential that residents follow public health actions to suppress transmission and reduce mortality.

At the end of December 3 vaccine candidates were approved and currently being administered:

Pfizer 95% effective and expects to dispense 1.3 billion cases in 2021



; Moderna is 94.5% effective in preventing disease, according to an analysis of its clinical trial. These both use the mRNA platform ground breaking technology for future vaccines.

The third vaccine approved is the Oxford vaccine AstraZeneca which is 70% effective and use a viral vector. It has over 50 million doses available.



THE FUTURE OF COVID-19

How would the SARS-CoV-2 virus reshape our lives, and our societies in the days, weeks, months, years and even decades to come? In these unprecedented times we are getting use to the 'new normal'. Have we learnt from the pandemics of yesteryear?

Maybe not, we saw the devastation and life lost, the need to shut down, wear masks and physical distance during those epidemics. Yet it took us a while to determine that a similar infectious, highly contagious virus would require a similar process.

Most likely Covid 19 will continue as a PANDEMIC next year. The Caribbean merely got a slight touch of the coronavirus and so most persons have no immunity and would be very much at risk with a second wave of the virus hopefully not a repeat of the Spanish flu

where the second wave was more deadly and vicious than the first.. Viruses that enter a population do not just disappear, they would have to be contained or persons would have to be protected by a vaccine or immunity.

Many future surprises can be expected and it is extremely important to continue to document findings and conduct research to help us to understand this pandemic better. COVID-19 has orchestrated the start of an era of necessary change, operating out of the common order of things. More persons were reached through online churches than in face to face services in buildings. More persons were forced to become entrepreneurs and ply their trade being less reliant on others. Countries were forced to diversify and consider new strategies to generate income. 🌱

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10



Covid-19 Underscores the Importance the Primary Prevention Lifestyle

By Dr Elliot Douglin (MBBS) General Practitioner

INTRODUCTION

We have clearly seen that people who are obese, who have hypertension, diabetes, atherosclerosis, and any of the chronic non-communicable diseases, are far more likely to develop severe illness or to die if they contract Covid-19 infection. In fact, according to data from the CDC (USA), obesity and the metabolic syndrome are associated with **ten fold** increase in mortality in Covid-19 infections. Obesity alone in the under 60 age range has been shown to be the single biggest risk factor for mortality.

UNHEALTHY DIET

Before Covid-19 it was already known that *unhealthy diet* is responsible for 11

million deaths annually **which means that unhealthy diet accounts for more deaths than physical inactivity, smoking and alcohol combined!**

Unhealthy diet is at the foundation of metabolic syndrome, obesity, diabetes type 2, hypertension and atherosclerosis (coronary heart disease and stroke), and some types of cancer. Ever since the 1970's there has been a progressive production and aggressive marketing of ultra processed meats and refined processed carbohydrates coupled with increasing sugar content of beverages (sweet drinks and sodas) and the widespread use of *high fructose corn syrup* as a cheap sweetener.

All the above form the foundation of the unhealthy fast food/junk food industry

with millions of adherents, both young and old, globally!! In the UK more than 50% of the diet is ultra-processed junk food and even hospital cafeterias and staff, respectively, sell and eat unhealthy foods without any concern for their health.

DANGERS OF UNHEALTHY DIET

Refined, ultra processed meats and carbohydrates, high fructose corn syrup and refined sugars in sugary drinks and sweet desserts all are major contributors to the obesity epidemic and to the development of chronic inflammation and increased *free radical stress* in the organs and blood vessels of the human body. Even those who are not fat but who eat unhealthy diets still develop chronic inflammation and increased free radical stress.

METABOLIC SYNDROME

Four factors are used as indicators of metabolic health; (Journal: Cardiology, Research & Practice 2014, 1-21) these are:

1. Blood sugar: healthy fasting blood glucose should be less than 5.5 m.moles/L or HbA1c less than 5.6%
2. Waist circumference and/or Body Mass Index. Ideal BMI should be around 21 to 23. Waist circ. less than 37 for males or 35 for females
3. Blood Pressure. Ideal BP should be less than 120/ 80
4. Blood fats. Low density cholesterol less than 3, triglycerides less than 3 m.moles/L and HDL cholesterol greater than 1

By the above criteria it has been estimated that 7 out of every 8 Americans are *metabolically unhealthy*. And here in Barbados and the Caribbean we are not far behind that startlingly ominous statistic. Many people are pre-diabetic and don't know, many are pre-hypertensive and don't know, many have on excess body fat, especially abdominal fat, and ignore it, and many have abnormal blood fats and don't know!!

Any of the above 4 metabolic abnormalities can impact negatively on health, but all 4 together will increase the risk for any of the chronic non-communicable diseases and also *increase the risk for severe Covid-19 morbidity and mortality*.

In the Journal *Prevalence of Optimal Metabolic Health in American Adults: Nation Health and Nutrition Examination 2009 to 2016*, it was reported that only 12 % of Americans are metabolically healthy. The age-group analysis was as follows:

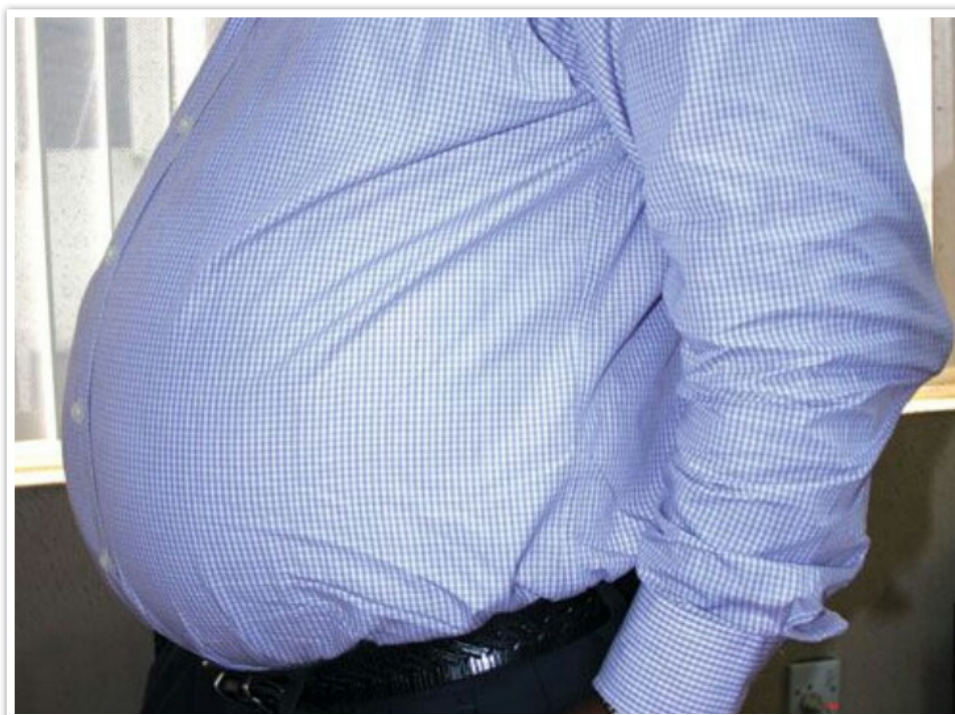
20 to 39 age group: only 23.3% were metabolically healthy.

40 to 59 age group: only 9% were metabolically healthy.

Over 60 age group : only 2.1% were metabolically healthy. (From this you can see that it is not *age* per se which increases risk for mortality, but, rather, *unhealthy aging*.)

INSULIN RESISTANCE

The one most serious common denominator in the metabolic syndrome and obesity is *insulin resistance*, this means that the tissues, (especially liver and muscle,) are resistant to insulin's action, of transporting glucose from the blood into the cells of the tissues, and therefore the pancreas has to secrete more insulin to get the work done. This results in a state of *high* insulin levels (hyperinsulinism) which promotes increasing obesity, chronic inflammation, diabetes type 2 and causes *dysregulation of the immune system*.



An article published in the Journal *Nature* entitled: *Longitudinal Multi-omics of Host Microbe Dynamics in Pre-diabetes*: showed that pre-diabetes /obesity /insulin resistance syndrome impairs the *immune system* by depressing **T- cell** function and by interfering with cytokine signaling therefore inducing excessive and abnormal inflammation in Covid1-19 which damages the inner lining of the blood vessels triggering the formation of clots, all of which can cause severe damage to organs like the lungs, heart, brain, kidneys.

The *Lancet* reported a study April 1, 2020, entitled: “ *Obesity and Covid 19 Severity In a Designated Hospital In Shenzhen*”. The study showed that obesity *increased* the risk of developing pneumonia in Covid -19 infection by 3.5 times over non-obese patients.

OBESITY

70% of American adults are obese. In Barbados and the Caribbean we are trying to catch up to that obesity statistic. Every extra kilogram of “belly” fat in males doubles the risk for diabetes type 2, and in females the risk is quadrupled! It has also been shown that fat deposition in the tongue increases

the risk of sleep apnea which increases the risk of ending up in ICU 5-fold!

Previous studies had already shown that excess body fat causes dysregulation of the immune system putting obese people at greater risk for respiratory complications with ordinary flu. Moreover the ability to respond to a flu vaccine was found to be reduced in obese adults compared to non-obese.

THE IMPORTANCE OF GOOD METABOLIC HEALTH

Good metabolic health is the key to having a healthy, well-regulated immune system. This brings us to the importance of *primary prevention*, which is living the life-style that reduces or eliminates the risks for the chronic non- communicable diseases.

The good news is that these risk factors can be markedly reduced, and quite quickly too, *by eliminating foods such as processed meat products, refined processed carbohydrates, sugars and junk foods which usually contain excess salt, unhealthy fats and refined sugars while being deficient in fibre and protective micronutrients.*

EAT REAL FOOD

Instead of eating “*mock*” food ; *eat real, whole, simple, natural foods, including an abundance of green leafy vegetables and other vegetables, whole unrefined grains, fruits, nuts, and legumes.* Avoid sugar and white flour products and *avoid unhealthy fats and unhealthy oils. Animal fat and processed fats are major contributors to insulin resistance.*

Healthy **plant** fats such as flax, walnuts, and olive oil (used sparingly), actually prevent or improve insulin resistance.

High fibre, whole grains are protective of the colon, help to maintain a healthy gut microbiome and help to keep blood lipids(fats) in the normal range. All of these healthy foods strengthen and balance the immune system mainly because of their high content of antioxidant/ anti-inflammatory phytonutrients, vitamins and trace minerals *not* found in refined ultra-processed foods.

REVERSING OBESITY

If you have on too much fat, in addition to following the above dietary principles, you can follow the *two meal a day plan* with an 8 hour window for the two meals and a 16 hour window of eating *nothing*, you can drink water or unsweetened teas. This is called the *16: 8 intermittent fasting plan*, and is an excellent method for getting off fat and reducing insulin resistance. Fasting strengthens the immune system and stimulates cell repair and cell cleaning, a process called *autophagy*, which is a new and exciting area of research! 🌱

SUMMARY

Eating less and exercising more ; getting adequate sleep at night; avoiding tobacco and alcohol; and eating *whole, natural, unprocessed food* while avoiding added sugars, unhealthy fats and excess salt *is the primary prevention formula* for good metabolic health and a strong, well regulated immune system.

COVID-19 #1

DID YOU KNOW?

Young people are also at risk for severe sickness, hospitalization, and death from COVID-19.

Truth for the Final Generation

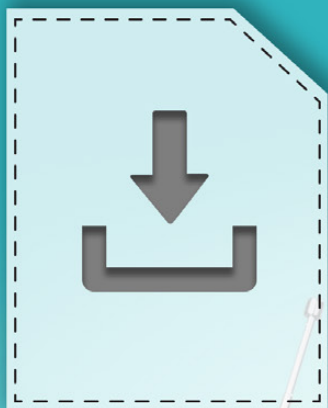
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Wednesdays at 9:15 p.m (Health)

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Radio ZDK

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Sundays at 9:00 a.m. (Gospel)

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The Role of Vitamin D in Protecting Against Respiratory Infections

By Dr Elliot Douglin (MBBS) General Practitioner

First the question.

How important is vitamin D3 for protection against acute respiratory infections including colds and flu ?

Many studies over many years had yielded conflicting results. So the answer was unclear and uncertain.

A MAJOR STUDY

Then came a major global collaborative effort led by **Queen Mary University of London**. The results were published in *The British Medical Journal* (*The BMJ*) in February 2017.

That brilliant analytical study pooled data from *each individual* of the 10, 933 participants in the many trials over the years and allowed the researchers to answer the vexing question of why vitamin D3 seemed to work in some trials and not in others. They found

that the protective effects of Vitamin D supplementation are strongest in those who have the lowest Vitamin D3 levels, and also when supplementation is given daily or weekly rather than in more widely spaced doses.

Professor Adrian Martineau, the lead researcher, said: “ *This major collaborative research has yielded the first definitive evidence that Vitamin D really does protect against respiratory infections.*”

So there was clear evidence from 2017 of the importance of Vitamin D supplementation in protecting against

respiratory infections. But the evidence seemed to have been overlooked or ignored by many in the medical and public health fraternity.

Vitamin D Deficiency is Widespread.

According to a 2011 study 41.6% of adults in the USA are deficient in vitamin D. This number goes up to 69.2% in Hispanics and 82.1% in Afro-Americans. This pattern is likely similar in most countries of the Northern and southern hemispheres.

VITAMIN D IS A CRITICALLY IMPORTANT VITAMIN FOR OVERALL HEALTH

Vitamin D has long been established as a protective factor for cancer, with multiple studies showing an increased risk of cancer among vitamin D deficiency patients, including colon, breast, ovarian, and prostate cancer.

There is also growing evidence to indicate that vitamin D deficiency is a contributing factor in the development of diabetes types 1 & 2.

Studies also indicate the role of vitamin D in reducing risk of cardiovascular, renal, auto-immune and neurodegenerative diseases.

VITAMIN D & COVID-19 MORTALITY

An April 26, 2020 preliminary report of a retrospective cohort study done in Indonesia revealed some startling results. The study was entitled:- “*Patterns of Covid-19 Mortality and Vitamin D: An Indonesian Study*”. Indonesian experts analyzed 780 Covid-19 patients from hospital records. **Among those who were vitamin D3 deficient the mortality rate was 98.9% compared with only 4.1% among those whose vitamin D levels were adequate.**

An Italian study had also shown a similar pattern. So it is clear that vitamin D deficiency makes Covid-19 infection more severe and markedly increases risk of death.

HOW VITAMIN D WORKS: A SIMPLIFICATION

Almost all cells in all organs of our bodies have vitamin D receptors. Vitamin D acts on the nucleus of the cell to turn on genes responsible for producing *anti-inflammatory proteins* while switching off genes which produce *pro-inflammatory proteins*. Vitamin D is therefore a powerful anti-inflammatory vitamin-hormone. Since chronic inflammation is implicated in all of the chronic non-communicable and degenerative diseases, it should not be surprising that vitamin D is protective against a wide range of

these diseases. In addition, vitamin D exerts an anti-proliferative effect which means it helps to prevent abnormal cell multiplication, in other words vitamin D reduces the risk for many cancers.

VITAMIN D & THE IMMUNE SYSTEM

Vitamin D strengthens the *innate arm* of the immune system which is the *first line* of attack against infections. It also induces the production of certain host defence proteins called *cathelicidins* and *defensins* which cover the Corona virus spike-proteins and help prevent virus attachment to cells. At the same time vitamin D exerts a controlling effect on the *adaptive arm* of the immune system thereby limiting the inflammatory reaction and preventing tissue damage. All cells in the immune system have vitamin D receptors and respond to the powerful actions of the vitamin.

PROTECTIVE LEVELS OF VITAMIN D

Blood levels below 10 nano. g per ml (25 n.moles /L) are deficient. A blood level of 40 ng/ml (100n.moles /L) is considered adequate. Blood levels up to 80ng/ml (200nmole/L) confer massive protection against chronic inflammation, cancer and NCDs. Remember that obesity and smoking reduce blood levels of vitamin D and therefore fat people and smokers are at greater risk for severe illness from Covid-19.


THE SUNLIGHT VITAMIN

The skin makes a basic vitamin D on exposure to sunlight. The liver and kidney then convert that vitamin D to the active form, vitamin D3. White skin makes vitamin D faster than dark skin. For white skin, exposure of the undressed upper body to sunlight can make 20, 000 units in 15 minutes in the tropics, or 2 hours in northern

climates. Equivalent time periods for dark skin would be 1 hour and 4 hours respectively. Afro-Americans and Afro-UK citizens make *no* vitamin D in the winter months and would be more susceptible to any respiratory infection including Covid-19.

Many people in the Caribbean work indoors and many are obese, and therefore may have less than ideal blood levels of Vitamin D.

SUPPLEMENTATION

You can get your vitamin D blood level checked to find out where your level is at. Supplementation with a dosage of 1000 to 5000 units daily is considered safe and effective. Along with a healthy life-style, and healthy diet, vitamin D supplementation would be highly beneficial to further enhance disease prevention and protection against severe illness if you contract Covid-19 infection. 



COVID-19 #2

PROTECT YOURSELF

Don't risk your life.
Stay home if you are asked to; meet up with friends online or by phone.



The Negative Impact of Stress on Immunity

by Nicole Joseph rPH (Pharmacist)

Today we are going to talk about the Immune System and the negative impact that stress can have on it. The Immune System can be defined as a complex network of cells and proteins that defend the body against infection. It's so efficient that it even keeps a record of every germ it has ever encountered and defeated. So once it enters the body a second time the germ is recognised and defeated once again, hence Immunity. Not only does the Immune system act against germs from outside the body, but also any disease causing changes inside the body such as Cancer cells, it will put up a fight.

A list of factors that can affect the Immune System are as follows: Age, Sex, Infection History, Genetics, sleep cycles, nutrients from food, hygiene and a lesser known factor that is common to all of us...STRESS!

Cortisol is a stress hormone which is anti-inflammatory by nature and that can contain the immune response but when over secreted in the body, can make the body susceptible to various diseases e.g Atherosclerosis,

Hypertension and Stroke. More specifically in relation to the Immune System, it can become resistant to such an accumulation which then negatively causes inflammatory substances (cytokines) to be produced which further compromises the immune system. Especially in this Global pandemic we are all currently facing, it can increase our stress levels. Such as disruptions on daily routines, isolation and lack of Socialization, Loss of jobs, parents and grandparents having to do the job of teacher from home and the list goes on. All of this can lead to chronic stress which increases levels of the stress hormone Cortisol in the body.

New Research from England has found that patients who contracted Covid-19 had even higher levels of Cortisol than Non-Covid-19 patients and it became a marker of the severity of illness with increased Mortality due to the stress hormone. So therefore we have more reasons to increase our immunity and reducing our stress levels by certain activities such as choosing healthier food options and essential vitamins & minerals (A ,C, D ,E , Zn, Selenium), NAC, Herbs such as Echinacea and

Probiotics. Also adequate exercise, water and sunlight at least 10-15 minutes, not to mention sufficient rest because Cortisol levels are near zero while sleeping. Find your preferred mode of relaxation e.g ; Swimming, playing a sport, walking on the beach, baking, reading, prayer etc. Last but by no means least, trust in God and his word 1 Peter 5:7 and Proverbs 17:22 states respectively:

"Cast all your care upon him because he cares about you " and " a merry heart doeth good like a medicine" Be of good cheer everyone. 🌿

By Mrs Nicole N. Joseph

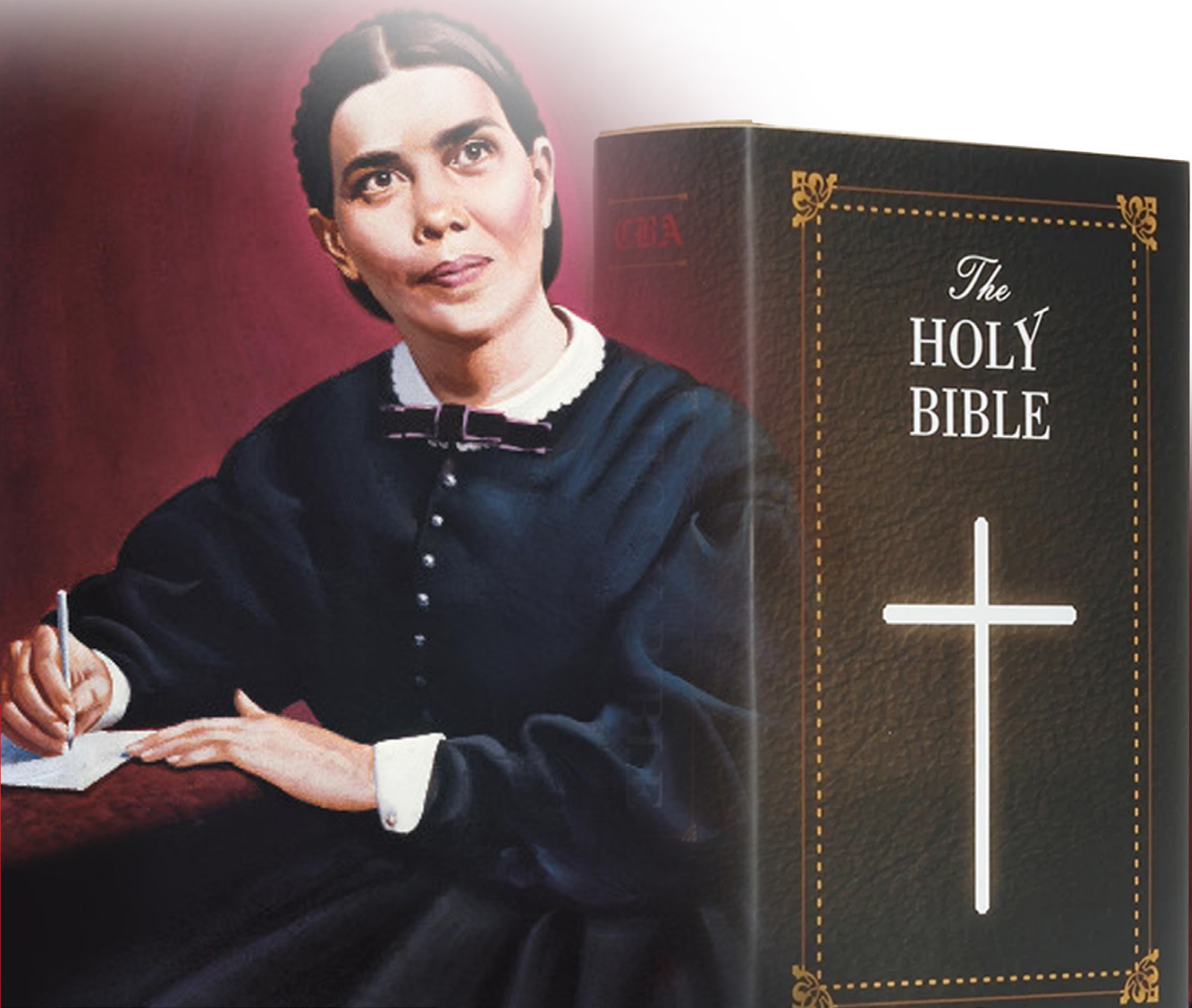


TFFG Women's MINISTRY

Invites all women to our Friday night presentation and Prayer meeting

FRIDAYS 7:30PM - 8:45 PM

 **zoom ID 3130549564**





How Stress Affects Your Oral Health

A stressful life affects your teeth

by Jemma Richardson (Dental Hygienists)

Today, I want to share with you the effects of stress on your Dental Health.

Stress is the natural response of the body to any demand or threat, whether it is imagined or real - physical, mental and emotional.

Stress has complex and detrimental effects on our immune system - an increase in the hormone cortisol, when under stress may lower the body's natural immune system and so make the individual more susceptible to infection. There is therefore an increased risk for infection when there is festering, low-grade infection present in our body and the mouth is no exception.

Stress may contribute to teeth

grinding, gum disease, dry mouth and canker sores and may also impact your oral health routine and diet—increasing your risk of tooth decay.

TMD & TMJ

Temporomandibular disorders (TMD) describe conditions that affect the muscles and joints in your jaw. For example, pain in the temporomandibular joints (TMJ) in front of the ears isn't normal. Sore jaw muscles or popping and clicking in your jaw indicate you may have TMD. Sometimes it even hurts to chew or open wide. Many headaches are related to muscle tension in the neck, jaw, and back.¹

Clenching or grinding of your teeth can contribute to TMD through muscle tension. Jaw muscles under abnormal function tend to become sore and

inflamed. According to the American Psychiatric Association, nearly half of Americans are anxious about the possibility of getting the coronavirus.² The increased stress associated with COVID-19 can also lead to tight muscles in the neck and that further aggravates discomfort.

Sometimes referred to as clenching or Bruxism, this can cause considerable damage to your teeth and its enamel as well as headaches and soreness in the jaw(TMJ) and the surrounding muscles. As grinding/ clenching often occurs unconsciously during the night and sometimes during the day you may not be aware that you are doing it. Your dentist may recommend a night guard to protect your teeth from damage that this can cause.



POOR ORAL HYGIENE

During stressful periods you may not have the time nor desire to brush and floss regularly and this can lead to gum disease.



POOR DIET & NUTRITION

This can lead to deficiencies that can result in infection.



DRY MOUTH

Dry mouth, which is also known as xerostomia, occurs when the salivary glands are not producing enough saliva. It can be both a side effect of stress as well as of the medicines used to treat stress and depression.

The mouth's first line of defense against bacteria is saliva, and without it there is a significantly increased risk of tooth decay, gum disease and infection.



GUM DISEASE

Stress can lower your immune system and increase your risk for or worsen infection in the mouth.

Gum disease (also known as periodontal disease) is a condition that affects the soft tissues and bone that support and anchor the teeth. In its mildest form it can lead to inflamed or bleeding gums, while more advanced forms can result in bone loss, gum recession and eventually, tooth loss. Gum disease is largely preventable; early detection is important to stop the progression of disease.

Gingivitis: Gingivitis is a mild form of gum disease. It can cause inflamed and swollen gums that bleed when teeth are brushed or flossed.

Periodontitis: Periodontitis is an advanced form of gum disease. It results in deepening pockets between the gums and the tooth, followed by bone loss and loosening of teeth. Periodontitis is a major cause of tooth loss in over 50% of the adult population in the USA.



CANKER SORES & COLD SORES

Canker sores also known as aphthous ulcers are white spots found on the soft tissue of the mouth and are harmless but can be painful. They will usually go away on their own within 1-2 weeks. The mechanism of how the tissue breaks down when the immune system attacks the lining of the mouth is not fully understood. Your dentist may prescribe a topical treatment or rinse to elevate or reduce the discomfort and duration.

Cold sores are usually caused by the herpes simplex virus type 1 (HSV). About 70% of the population would have experienced a cold sore. Though they are usually contracted through close physical contact like kissing, once you would have had one in the past then it is likely that stress can also trigger a recurrence.



TOOTH DECAY

A neglected oral health routine, unhealthy lifestyle choices and conditions such as dry mouth increase your risk of tooth decay.

TOOTH DECAY (CAVITIES)

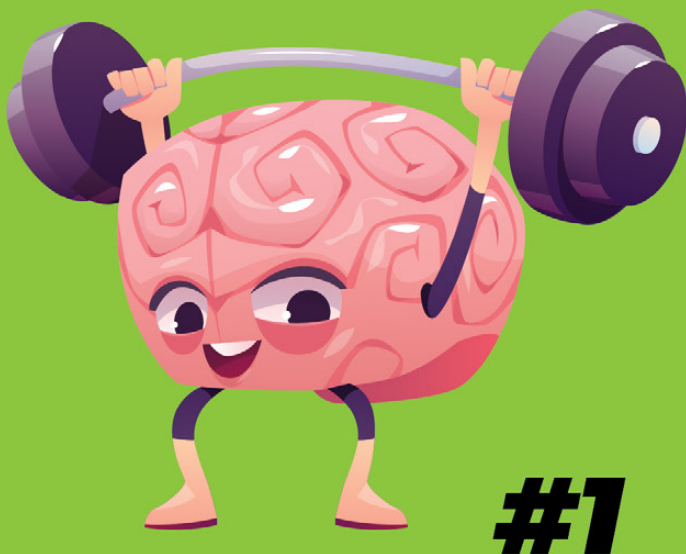
Your risk of tooth decay increases when there is neglect in your oral health routine, unhealthy dietary choices and conditions such as dry mouth.

Tooth decay is caused by plaque bacteria in the mouth. When the bacteria in the mouth feed on carbohydrates (sugars and starches) in certain foods acid is created. This acid eats away at the tooth enamel (the outer surface of the tooth) causing pits and holes to form (decay). If the plaque is not frequently and effectively removed the plaque bacteria can build up and increase the likelihood of developing decay. Decay cannot be reversed but it can be prevented or

arrested by brushing, flossing, use of an anti plaque mouthwash and visiting your Dental Hygienist 2-3 time a year for a professional cleaning and the dentist 1-2 a year for a dental check-up.

So be smart - Don't just treat the symptoms of stress - be they oral or otherwise-

Pinpoint the cause of your stress and take the necessary steps to get to the root of the problem. 🌱



#1

TIP FOR A GOOD MENTAL HEALTH

Evidence has suggested that exercise may be an often-neglected intervention in mental health care. Aerobic exercises, including jogging, swimming, cycling, walking, gardening, and dancing, have been proved to reduce anxiety and depression.



Massage & Benefits

of the digestive system

by Danielle Waterman

What is Massage?

Massage is the manipulation of the body's soft tissues. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain.

Benefits

- *Releasing tension in the intestinal muscles*
- *Releasing tension in the abdominal muscles*
- *Reducing bloating, gas and cramps*
- *Relieving indigestion*
- *Improving digestion by stimulating peristalsis*
- *Releasing digestive enzymes*

Tips:

Massage releases tension in the abdominal and intestinal muscles, relieves constipation, assists with waste elimination, and stimulates liver and kidney activity. Massage assists the gastrointestinal system in the following ways: releasing tension in the abdominal muscles, releasing tension in the intestinal muscles.

Oils for the Digestive System

in massage therapy (the Stomach)

CLOVE OIL



GINGER OIL



BASIL OIL

ROSEMARY OIL





Taking Care of Your Emotional Health

Saul Leacock M.Ed (Psy), BSc (Counselor)

The outbreak of coronavirus disease 2019 (COVID-19), may be stressful for people and communities.

It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. You need to notice and accept how you feel. Taking care of your emotional health, which is part of your mental health, during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

Managing feelings during crisis and change is truly a challenge just like grief and bereavement in the loss of a loved one. Shock, denial, anger, bargaining, loneliness and being alone, as well as

feelings of rejection are some of the responses in such a phenomenon.

People with preexisting mental and emotional health conditions should continue with their treatment plans during an emergency and monitor themselves for any new symptoms.

When people are experiencing emotional distress, they may manifest some common signs such as

- *Feelings of numbness, disbelief, anxiety or fear.*
- *Changes in appetite, energy, and activity levels.*
- *Difficulty concentrating.*
- *Difficulty sleeping, have nightmares and upsetting thoughts and images.*
- *Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.*

Learning how to manage our emotions can help us in neutralizing the effects of many physical reactions of the body. Remember, the mind has control over the body as well as its functions, and the majority of illnesses that people experience are largely due to mental and emotional depression.

Worsening of chronic health problems as well as anger or short-temper are directly due to poor emotional self management. Sometimes individuals with emotional problems resort to the use of alcohol, tobacco, or other drugs as the solution to suppress their challenges.

If, however, one experiences feelings or behaviours of depression, crying for no justifiable reason, sadness, withdrawal, for several days in a row and are unable to carry out normal responsibilities because of them, you need to seek professional help immediately.

A pandemic is a perfect emotional “anxiety stew.” It has all the ingredients to causing worry even in people who are not typically anxiety-prone. These include: uncontrollability, uncertainty and high consequence.

Those folks who are having the hardest challenges and are showing their inability to cope are the ones with poor social, mental and emotional skills. Those especially with poor emotional intelligence or EQ lack the skills to cope in most situations.

A person’s coping mechanism is directly related to their level of emotional intelligence. People with poor emotional skills have greater difficulty handling stress, disappointments, frustrations, grief and loss, and managing their emotions than others. They also lack the resilience or ‘bouncing back’ skills or coping strategies.

Remember, according to Charles Swindoll, “life is 10% what happens to me, and 90% of how I react to it.” People with high emotional intelligence handle tough situations better.

Professor Chuck Wolfe, who is President of C.J. Wolfe Associates, agrees as is evident in his words,

“If you understand your own feelings you get a really great handle on how you’re going to interact and perform with others...So one of the first starting points is, ‘what’s going on inside of me?’”

This is what Emotional Intelligence (EQ) is all about, the ability to recognize your emotions as well as the emotions of others. This ability to succeed even at relationships and which contribute

to successful teamwork involve self management of thoughts, feelings and impulses as well as the outer social behaviours.

Bottling up emotions is like trying to push a beachball under water. You can hold it down for a moment but it will just pop up unexpectedly elsewhere. And when a crisis or disaster strikes, all the uncontrolled emotional energies are unleashed in unexpected situations or even upon others. Hence the importance of practising being calm and being constantly aware of your reaction to challenging situations.


In addition, another facet of Emotional Intelligence which can also help to produce good emotional health is being Empathetic, which is the ability to understand the emotional makeup of other people and to treat people patiently and understandingly in spite of their emotional reactions towards you. It means possessing the ability to put oneself in another person’s shoes whether that person be your Co-worker, Boss, Team Member, Customer or Family Member. Looking at the situation from the other person’s point of view, trying to see things through their eyes.

Here is where we need for a paradigm shift, otherwise we will not be able to cope well in any situation, before or after this pandemic. The Einstein principle is applicable here: if you keep on doing things the same way that you are accustomed to doing them, you will get the same results that you are accustomed to getting. If you want different results, then you have to do things differently. Every decision and relationship is affected by this principle.

A High Emotional Intelligence allows us to live in a tough environment and influences our choices. Remember, we cannot influence others if we cannot influence ourselves. This change then influences others. People want to see if what we have to offer is working for us. Because if it is not working for us, they will not be convince that it will work for them. So first be the change that you would like to see in others.

Learn to accept the things that you cannot change and do something about the things that you can change.

Thus, emotionally intelligent people make correct choices as to how they express their emotions as well as deal better with the emotions of others. This healthy emotional and mental attitude can survive any crisis or pandemic.

“Be careful for nothing; but in everything by prayer and supplication with thanksgiving, let your request be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” Philipians 4:6, 7 

TIP FOR A GOOD MENTAL HEALTH #2

Enjoy walks with friends & family.

It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.



TAKE THE FOLLOWING STEPS TO COPE WITH A DISASTER:



TAKE CARE OF YOUR BODY

Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about wellness strategies for mental health.



CONNECT WITH OTHERS

Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.



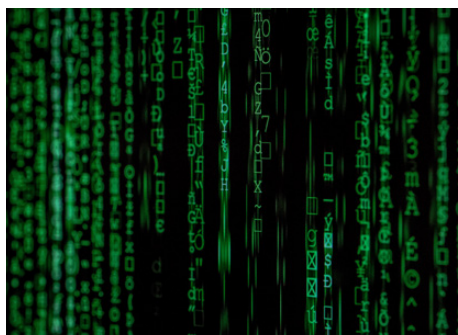
TAKE BREAKS

Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.



STAY INFORMED

When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.




AVOID TOO MUCH EXPOSURE TO NEWS

Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.



SEEK HELP WHEN NEEDED

If distress impacts activities of your daily life for several days or weeks, talk to a pastor, counsellor, or doctor. 



QUESTIONS

1. WHY IS COVID 19 TRIGGERING MENTAL (Emotional) HEALTH ISSUES?
2. WHAT ARE SOME OF THE CHARACTERISTICS OF PERSONS WHO ARE NOT COPING WELL MENTALLY (Emotionally) DURING COVID 19?
3. WHAT CAN PERSONS DO TO ASSIST THEMSELVES IN COPING POSITIVELY (emotionally) DURING THE COVID 19 PANDEMIC?

HOW TO WEAR A MEDICAL MASK



1 Clean your hands with soap and water or hand sanitizer



2 Hold the mask by the ear loops and place a loop around each ear



3 Mold or pinch the stiff edge to the shape of your nose



4 Pull the bottom of the mask over your mouth and chin



5 Avoid touching the front of the mask when wearing

HOW TO REMOVE A MEDICAL MASK



1 Clean your hands with soap and water or hand sanitizer



2 Avoid touching the front of the mask. Only touch the ear loops



3 Hold both of the ear loops and gently lift and remove the mask



4 Throw the mask in the trash



5 Clean your hands with soap and water or hand sanitizer



Mental Health & Covid-19

by DR. Kadisha Douglin (MBBS. DM Psychiatry) *Psychiatrist*

The COVID-19 pandemic has evolved rapidly, bringing with it uncertainty, fear, and drastic changes to all aspects of every day life.

The reality is that the incidence of poor mental health has been increasing over the last decade, with 1 in 4 people world wide experiencing a mental health problem, and 1 in 6 having a mental illness. The World Health Organization's theme for World Mental Health Day 2019, was Suicide prevention. It is estimated that every 40 seconds someone dies by suicide globally, and around 800, 000 people die by suicide each year. Suicide is the second leading cause of death in young people aged 15-29.

The COVID-19 pandemic is expected to worsen these statistics. Some public health specialists have even cautioned

governments to be vigilant for the "next pandemic", that of suicide and mental illness as a result of the drastic economic, social, psychological, and physical changes resulting from the COVID-19 pandemic.

So how does a crisis like a pandemic affect one's mental health? There are several factors at play:-

- For those who contract the SARS-COV-2 virus, there is the direct impact of the virus on the brain and the nerves, e.g. viral encephalitis, loss of smell and taste which can be prolonged, stroke, hypoxic brain injury
- Our natural mammalian response to stress, is now in a heightened and perpetually "ON" state, leading to damaging high cortisol levels

in our brains. We know from both animal and human studies that longstanding high cortisol levels leads to physiological and structural changes in the brain linked to depression, anxiety, and cognitive impairment.

- The negative stressors associated with COVID-19 impact us financially, socially and emotionally
- For those already struggling with poor mental health, the fear, uncertainty, and separation from social supports can lead to progression to mental illness.
- For the "Essential" workers (working directly with COVID-19, or suspected COVID-19 patients, and those working and interfacing with the public daily), the fear of

becoming infected or infecting their loved ones is a constant stressor; they must also face stigmatization from the public who fear they may be asymptomatic “superspreaders” of the virus.

- The closure of borders, quarantines and physical distancing measures, have meant reduction in wages, loss of jobs, closure of small and medium sized businesses, and economic uncertainty on an international scale.
- The public health measures put in place to limit spread of the virus, has led to the loss of many meaningful social outlets, and avenues of coping with stress - closure of churches, schools, gyms and sports centers, suspension of support groups, restrictions on going outdoors.
- And, particularly in countries which have experienced community transmission of the virus with exponential spread, and overwhelmed health services, Grief and bereavement are significant stressors as loved ones and colleagues dies from the virus or its complications, or die of other diseases because of lack of access


to healthcare in a system that is overwhelmed. Many in Barbados and the Caribbean were touched in some way by the loss of Barbadians living in New York or Florida.

With all of these stressors impacting us daily, is there really anyway to preserve our mental health during this pandemic? Of course! Here are some practical tips:-

- Practice **GRATITUDE**, spending time in nature, meditating on the word of God, practising deep breathing; these are all examples of
- **MINDFULNESS** which has been proven to reduce stress and anxiety, and which is actually spoken of in the bible (philippians 4:6-7, 9; Matthew 6:34)
- Practice **MEANINGFUL ENGAGEMENT** - connect regularly with close friends via zoom/whatsapp; do volunteer/

charity work; reach out to someone you know if struggling; help a child with online school; use humour to encourage others

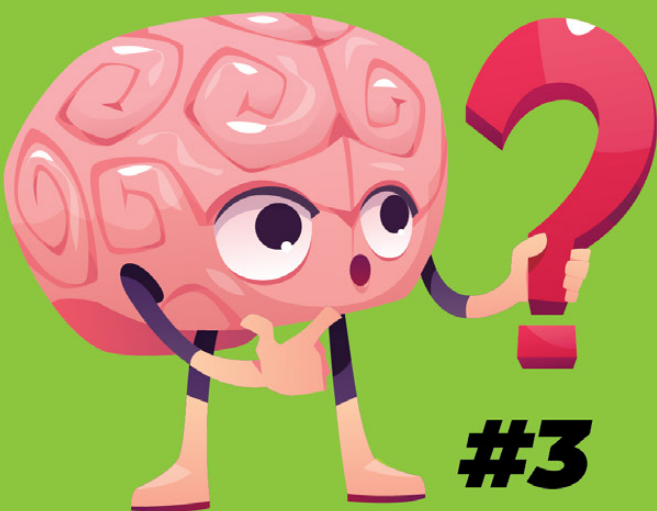
- **MOVE**- Exercise wherever you are and however you can! Regular, moderate exercise has been proven to improve brain function and improve mood and sleep regulation. start gardening, dancing, doing home workouts, swimming. Just **MOVE**.
- Gain **MASTERY**- learn a skill during curfew or quarantine - learn a language, start baking/cooking, start a garden, learn to crochet- who knows, a new skill may even become a source of income
- **TRUST** in God and have a hopeful outlook. This is not the first pandemic mankind has faced, nor is it the first economic recession. With God's help you will get through this.

In conclusion, this pandemic has brought with it grief, uncertainty and uncomfortable change, but as Christian's we can preserve our mental health and hold fast to the promise of God in Isaiah 26:3- “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” 

TIP FOR A GOOD MENTAL HEALTH

Get 8 hours of sleep every day

Lack of sleep is linked to a number of unfavorable health consequences including heart disease, type 2 diabetes, and depression. Some psychiatric conditions can cause sleep problems, and sleep disturbances can also exacerbate the symptoms of many mental conditions including depression, anxiety, and bipolar disorder.





Balancing the Health and Livelihood considerations during the COVID-19 Pandemic and Beyond

by Timothy Odle (MSC Industrialisation Trade & Economic Policy) *Trade Specialist*

First let me recall the Psalmist David who said that he “never saw the righteous forsaken nor his seed begging bread”.

No one can dispute that the COVID-19 virus is a very serious health threat and that there is a need to adhere to the advice given by the World Health Organisation (WHO), the Caribbean Public Health Agency (CARPHA), and local public health authorities. What is in dispute is the need to strike a balance between the health needs and the economic livelihood of citizens.

Everyone should be aware that there are other agencies of the United Nations system which have been flagging the dire non-health impacts and effects of the pandemic. For example, The International Labour Organisation (ILO) has warned of the following as a result of the pandemic: (i) over three hundred and five million persons have lost their jobs; (b) there have been a 10.7% reduction in the hours worked as a result of workplace closures; (c) in the informal sector which fosters employment opportunities for six out of every ten persons or two billion persons,

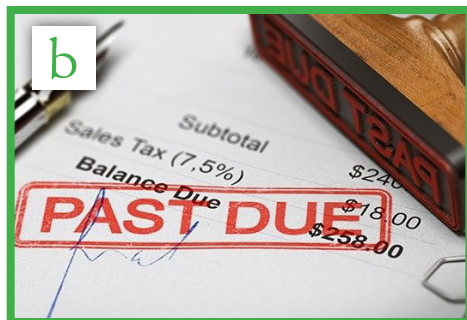
approximately 1.6 billion are under serious threat of livelihood. The International Monetary Fund (IMF) estimates that global output will fall by 5% and that the world economy will lose US\$13 trillion. The World Trade Organisation (WTO) has estimated that world trade will decline by 13% in the best-case event and by 32% in the worst case.

There has therefore been a call for a response which mutually reinforces the complementarity of all the dimensions, including the economic dimensions, to the pandemic.

I will therefore like to highlight specific considerations to be assessed by households, especially those in the Caribbean Community. These include: -



The need to keep abreast of debt commitments ensuring that there currently being met. Do not stop paying your bill. Do not use money earmarked for bills and use it otherwise;



The need to ensure that there are no new debts, except those that are unavoidable due to the pandemic. Young couples with young children and recent business owners are particularly vulnerable ;



Re-shuffle debt and ensure that room has been created to save at least 5% of your income. Remember that these are early days in the life of the pandemic and its impact will last longer than was originally thought;



Explore other creative ways of stabilizing and increasing income streams or reducing expenditure. Example grow some of your vegetables, store more rain water (for household use, irrigation) ;



Strengthening and expanding cost-sharing practices within the home, the extended family, the neighbourhood, the village and the community. Gravitate towards the ethos of the early church where they had all things common and no one lacked;



Strengthening and expanding the benevolent practices within the home, the extended family, the neighbourhood, the village and the community. These include the sharing of meals, the donation of money to the needy;



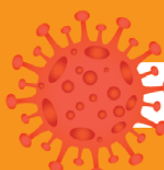
Engage in self-employment, formal as much as possible, so that you are eligible for official relief and stimuli;



Do not stop your support of the church.

FINALLY LIKE THE APOSTLE PAUL, I WISH THAT ABOVE ALL THINGS THAT WE PROSPER AND BE IN GOOD HEALTH.

Your feedback and thoughts on the above are welcome. Send to timothy.odle@caricom.org


COVID-19 #3

ASK FOR HELP

If you need help, don't hesitate to reach out to a **trusted or reliable source.**



Exercise to Prevent Covid-19

by Steve Codrington (Fitness Instructor)

If the COVID-19 pandemic is teaching us anything, it's the importance of being healthy and having a robust immune response. Aside from old age, people with underlying health conditions such as diabetes and heart disease are at increased risk of complications from the disease, and obesity has been found to be the biggest determinant, after old age for whether a patient will require hospitalization.

Obese COVID-19 patients are even at greater risk than those with cardiovascular disease or heart disease, according to NYU Grossman School researchers. This shouldn't come as

a tremendous surprise, considering previous studies have linked obesity to lowered immune function and increased risk of infection..

The good news, of course, is that you have a lot of control over your own health. Obesity, insulin resistance, Type 2 diabetes and heart disease are all reversible, and if you want to prepare for the next pandemic (which is already being promised), you'd be wise to start improving your health rather than simply masking or "managing" your symptoms with drugs.

Exercise May Lower COVID-19 Mortality Risk

Exercise May Lower COVID-19 Mortality Risk

Aside from eating a healthy whole food (ideally organic) diet and implementing time-restricted eating, exercise is a foundational health strategy that will strengthen your immune function.

According to recent research published in the March 19, 2020, issue of Redox Biology, exercising regularly may also help prevent acute respiratory distress syndrome (ARDS), a lethal complication and major cause of death among patients with COVID-19. As reported by the University of Virginia Health System:

A review by Zhen Yan, Ph.D., of the School of Medicine, showed that medical research findings ‘strongly support’ the possibility that exercise can prevent or at least reduce the severity of ARDS, which affects between 3% and 17% of all patients with COVID-19.

Based on available information, the federal Centers for Disease Control and Prevention estimates 20% to 42% of patients hospitalized for COVID-19 will develop ARDS. The range for patients admitted to intensive care is estimated at 67% to 85%.

Research conducted prior to the pandemic suggested that approximately 45 percent of patients who develop severe ARDS will die. ‘All you hear now is either social distancing or ventilator, as if all we can do is either avoiding exposure or relying on a ventilator to survive if we get infected,’ Yan said.

‘The flip side of the story is that approximately 80% of confirmed COVID-19 patients have mild symptoms with no need of respiratory support. The question is why. Our findings about an endogenous antioxidant enzyme provide important clues and have intrigued us to develop a novel therapeutic for ARDS caused by COVID-19.’

The endogenous antioxidant (meaning it’s made inside your body) in question is extracellular superoxide dismutase (EcSOD), which is made in and excreted from your muscles into your blood circulation. EcSOD protects tissues and prevents disease by eliminating harmful free radicals, and the way you enhance EcSOD secretion is by exercising.

Yan’s research shows a decrease in EcSOD is seen in many diseases,

including acute lung disease, ischemic heart disease and kidney failure. Even a single exercise session has been shown to increase production of this valuable antioxidant, so Yan urges people to “find ways to exercise even while maintaining social distancing,” the University of Virginia writes.

Exercise Helps Shape Your Immune System

In related news, a review²⁰ published in the journal *Nutrients*, February 28, 2020, details how physical activity and diet shape your immune system during aging. As summarized in the abstract:

“With increasing age, the immune system undergoes a remodeling process, termed immunosenescence, which is accompanied by considerable shifts in leukocyte subpopulations and a decline in various immune cell functions.

Clinically, immunosenescence is characterized by increased susceptibility to infections, a more frequent reactivation of latent viruses, decreased vaccine efficacy, and an increased prevalence of autoimmunity and cancer.


Physiologically, the immune system has some adaptive strategies to cope with aging ... While a lack of physical activity, decreased muscle mass, and poor nutritional status facilitate immunosenescence and inflammaging, lifestyle factors such as exercise and dietary habits affect immune aging positively.”

Importantly, the review details how exercise helps improve immunosenescence and slows down the aging processes of both the innate and adaptive arms of your immune system. Studies have shown it improves the function of natural killer (NK) cells and

neutrophils (white blood cells), which are part of your innate immune system.

Intervention trials have also demonstrated exercise improves hallmarks of innate immunity, such as reducing certain proinflammatory monocytes (which are indicative of infection).

“Overall, results have indicated that increasing habitual physical activity enhances your innate immune functions, which is indicative of reduced infection risk and inflammatory potential,” the review notes.

Exercise has also been shown to improve mitogen-induced T-cell proliferation, which is associated with improved functioning of the adaptive immune system. Importantly, studies have confirmed that “exercise induces cell death in apoptosis-resistant senescent T-cells ... Thus ... regular physical activity is able to ... partially reduce the age-related decline of T-cell functions.” 

TIP FOR A GOOD MENTAL HEALTH #4

Talk about your feelings with someone you trust.

Talking to someone you trust about something upsetting may help you to:

- ◆ sort through the problem
- ◆ see the situation more clearly
- ◆ look at the problem in a new or different way





Recipes



Quinoa Topped with Curry Eggplant & Mushrooms

1. Peel and cut into slices 1 Eggplant along with 1 can mushrooms or about 6 Medium mushrooms
2. Add 1 tsp each of Turmeric, curry, ginger powder, oregano, garlic powder and fish & meat seasoning
3. Add ½ tsp black pepper & cayenne pepper
4. Blend 1 tbsp. wet seasoning (onion, green peppers, celery and red sweet pepper)

Instructions

1. In a pot add 1 tsp. coconut oil and the wet seasoning. Blend and cook for a minute. Add the dry seasoning and mushrooms and cook for 1 minute.
2. Add enough water to the pot to cover the eggplant.
3. Salt to taste
4. Add a generous amount of coconut milk and nutritional yeast.
5. Cover and cook under a low heat for 5 minutes.
6. Cool slightly and enjoy.



Coconut Date Cake

- | | |
|---------|----------------------------|
| 1 cup | coconut flour ¹ |
| ¾ cup | spelt flour |
| ¼ cup | oat flour |
| 4 tsp | baking powder |
| 2 tabls | flax & chia seeds |
| 1 tsp | spice |
| ½ cup | chopped dates |
| 4 tabls | coconut milk |
| 1 cup | water |

Instructions

1. Combine dry ingredients and add ½ cup chopped dates
2. Add the oat flour, Coconut milk & 1 cup water and mix well.
3. Bake for 35-45 minutes until lightly brown.

Ade Henry – St. Lucia



Sunny Seed Loaf

- | | |
|----------|------------------------|
| 2½ cups | water |
| 2 tsp | salt |
| 1 ½ cups | sunflower seeds |
| 2/3 cup | cut corn |
| 2 ½ cups | oats |
| 2 | onions chopped |
| 2 | cloves fresh garlic |
| 2 tbs | mock chicken seasoning |

- | | |
|-------|-------------|
| 4 tsp | celery salt |
| 4 tsp | turmeric |
| 4 tsp | parsley |
| 1 tsp | basil |

Instructions

1. Blend together all ingredients except oats, onions and garlic.
2. Pour blended ingredients into a bowl and add oats, onions and garlic.
3. Let sit while you spray the casserole dish (9x13).
4. Spread evenly in dish.
5. Bake at 350° F for 45 minutes covered
6. Uncover and bake 15-20 minutes to brown on top

Mocked Chickening Seasoning

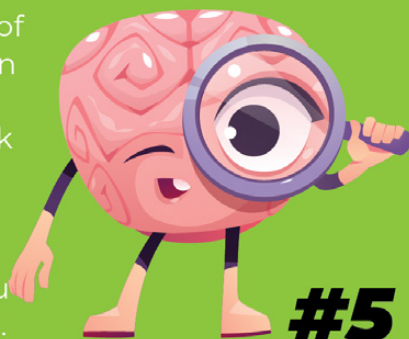
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|--------|-----------------------|
| ½ | cup nutritional yeast |
| 1 Tbsp | sea salt |
| 4 tsp | garlic powder |

Donah Brome - Barbados

TIP FOR A GOOD MENTAL HEALTH

Look for professional help if you need it

The first is when you have thoughts, emotions or behaviors that are out of control, especially when they are affecting your relationships, your work or your sense of well-being. Never feel embarrassed to ask for help at times when you are upset or depressed.





Breadfruit Lasagne

1 small	breadfruit	acid
2 cups	cooked lentils (soppy)	1 tsp Italian herbs
2 cups	soaked soya mince	Goya seasoning salt to taste
1 large	onion, minced	
4 cloves	garlic, minced	
1 stick	celery, minced	
½ medium	yellow & red sweet pepper, minced	
1 tsp	paprika	
2 tbsp	nutritional yeast flakes	
1 tsp	onion powder	
1 tsp	turmeric powder	
1 tsp	garlic powder	
3 tbsp	tomato sauce	
1 tbsp	Braggs Amino	

Instructions

1. Peel and cook breadfruit until just tender. Let cool and thinly slice length ways.
2. Sauté onion, garlic. Sweet pepper and celery in 2 tbsp oil for 2 minutes.
3. Add dry seasonings and cook for 1 minute.
4. Add soya mince and lentils and cook for 2 minutes. Add tomato sauce and Amino acid and let simmer.
5. Add ¼ - ½ cup water and let simmer for 5 minutes.
6. Remove from heat and layer in greased baking dish, beginning with the breadfruit and then adding a layer of sauce. Repeat this process and finish with a layer of sauce.
7. Bake for 30 minutes at 375 degrees F.

Sis. Vonda Smith – Barbados



Health Shake

60 oz	cold water
1 cup	almond or soy milk powder
1 cups	oats
¼ cup	pumpkin & sunflower seeds
1 tbsp	Flax and chia seeds
2	bananas

1 teasp Cinnamon powder

Instructions

1. Add all the ingredients together except the milk and blend until smooth.
2. Add the milk and iceblocks
3. Drink as it is or sweeten with honey as necessary.

Bro. Steve Codrington – Barbados



Baked Lentil Flat bread

1 cup	red split lentils
2 cups	water
1 clove	garlic
½ tsp	salt

Instructions

1. Soak lentils for at least 3-4 hours or overnight with the clove of garlic.

2. Blend in a blender or nutribullet.

3. Add ½ tsp salt

4. Blend

5. Grease or spray a pan or dish with oil. Pour mixture into the pan and bake at about 350 degrees.

May be eaten with vegetables or sliced and eaten with fruit for breakfast.

COVID-19

PROTECT YOURSELF & OTHERS

Cover your mouth and nose with a mask when around others.



Granola Bar

Instructions

- 2 cups** blended oats
- 1 cup** raw oats
- 1 tsp** ginger
- ½ tsp** nutmeg
- 1 tsp** cinnamon
- 1 cup** of nuts (blended & whole)
- 2 tbsp** Chia seeds
- 1.5 oz** sesame seeds
- 2 tsp** Vanilla essence
- 2 tbsp** Organic honey
- ½ cup** coconut oil

1. Mix dry ingredients with the blended oats, add spices and raw oats and mix well.
2. Add sesame seeds, chia seeds and nuts and stir well.
3. Add nuts and stir.
4. Add oil and vanilla essence and mix well.
5. This consistency can be used as granola at this stage.
6. Add honey and mix. You can add more honey according to your taste.
7. You may also add other dry fruits at this time.
8. Pour in an oil greased pan and spread evenly.
9. Bake for 10 minutes.
10. Let cool and refrigerate for 2 hours.
11. Cut into rectangular even sizes and serve.

CORN BUTTER

Instructions

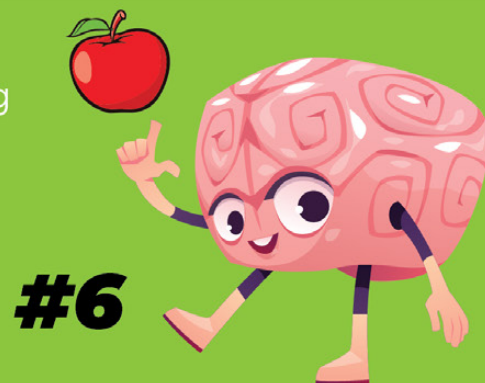
- 2 tsp** unflavoured gelatin
 - ¼ cup** cold water
 - 1 cup** boiling water
 - 1 cup** unsalted cornmeal mush
 - ¼ cup** raw cashews
 - 1 tsp** salt
 - 2 tsp** lemon juice
 - ½ tsp** grated raw carrot (or enough to give colour)
1. Place gelatin and ¼ cup cold water in a blender and soak for 5 minutes.
 2. Pour 1 cup boiling water into soaked gelatin and blend briefly to dissolve.
 3. Place remainder ingredients in blender and blend thoroughly until smooth and creamy.
 4. Pour into small serving jars and refrigerate until cool.
 5. Serve as a bread spread or as a margarine or butter.

Sis. Flo Newton - Barbados

TIP FOR A GOOD MENTAL HEALTH

Eat Healthy

When you stick to a diet of healthy food, you're setting yourself up for fewer mood fluctuations, an overall happier outlook and an improved ability to focus, Dr. Cora says. Studies have even found that healthy diets can help with symptoms of depression and anxiety.



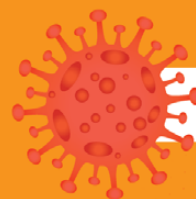


John Forde's Remnant Bread

1 lb	ground oats	1 oz	nutmeg
600 gm (1 bag)	multigrain flour	1 oz	cinnamon
1 ½ lbs	whole wheat flour	1 oz	spice
2 Tbs	Baking powder (aluminum free)	½ lb	raisins
½ lb	ground granola (original)	2 Tb	mix essence
½ lb	coconut	250 ml	grapeseed oil
			Approximately 1000 ml water

Instructions

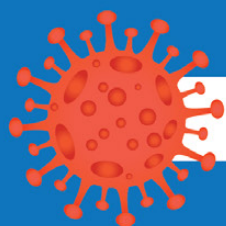
Mix all ingredients and make at 350 degrees C for 45 mins



COVID-19 #6

BE SAFE IN PUBLIC

CDC recommends that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.



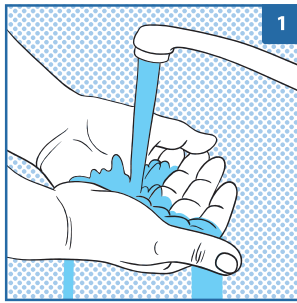
COVID-19 #7

MONITOR YOUR HEALTH DAILY

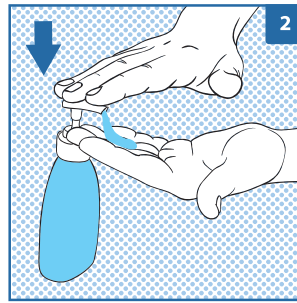
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

How to wash your hands

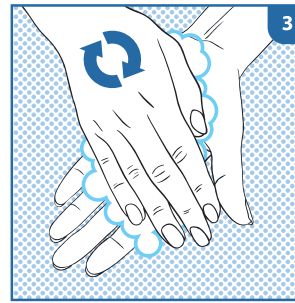
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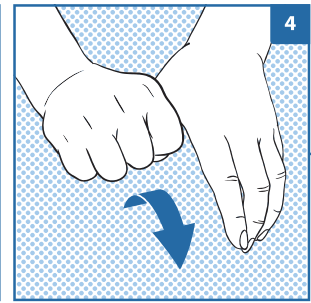
WET HANDS



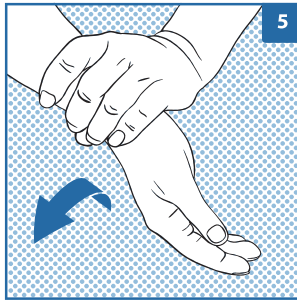
USE SOAP



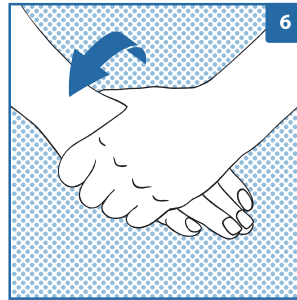
RUB HANDS
PALM TO PALM



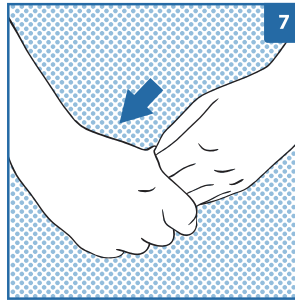
CLEAN THUMBS



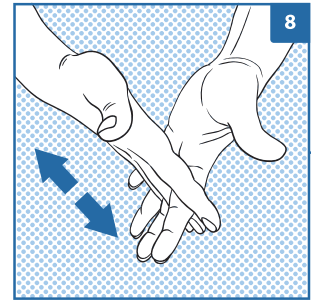
ROTATIONALLY RUB WRISTS



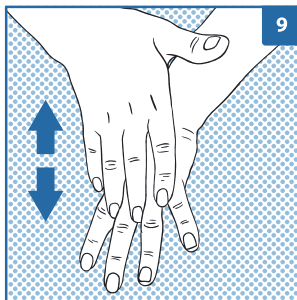
RUB THE BACK OF YOUR HAND



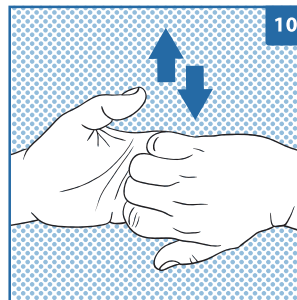
CLEAN THE BACK OF
YOUR FINGERS



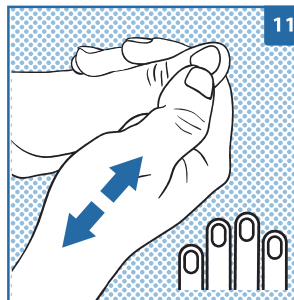
SCRUB BETWEEN YOUR FINGERS



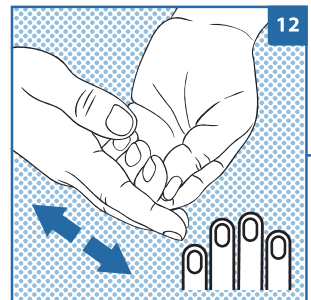
LATHER THE BACKS
OF YOUR HANDS



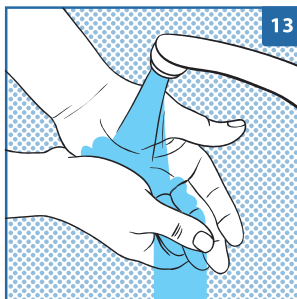
RUB THE BACKS OF FINGERS ON
THE OPPOSING PALMS



WASH FINGERNAILS



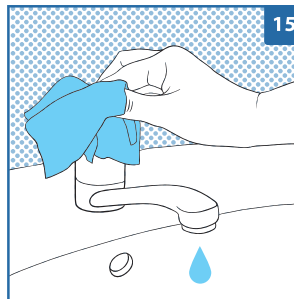
WASH FINGERTIPS



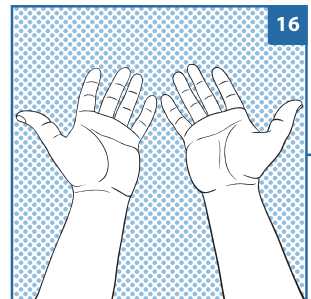
RINSE HANDS WITH WATER



DRY HANDS THOROUGHLY
WITH TOWEL

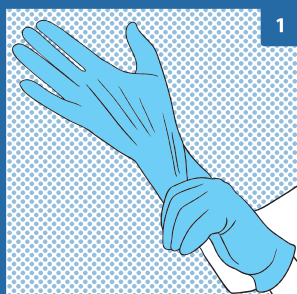


USE THE TOWEL
TO TURN OFF THE FAUCET

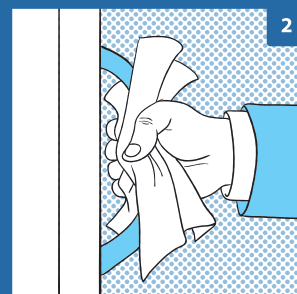


YOUR HANDS ARE CLEAN

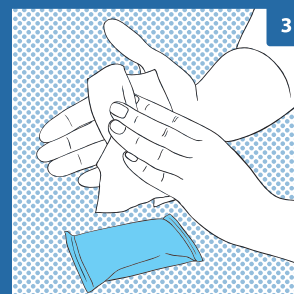
When it is not possible to wash your hands



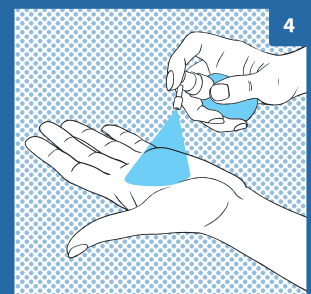
USE SANITARY GLOVES



PROTECT YOUR HANDS WITH
WIPES OR HANDKERCHIEFS



USE DISINFECTANT WIPES



USE AN ANTISEPTIC



Sabbath Service

9:30 A.M. - SUNSET

COME JOIN US

May God richly bless you



<https://www.youtube.com/TFFGBarbados>



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