



Tuesday, 3 March 2020

Dear Colleagues,

I greet you in the name of our soon coming King.

I am sure you have been hearing and reading much about the Coronavirus (COVID-19). This virus is more dangerous than the common cold and has affected many around the world including cases which have been confirmed in the UK.

According to the NHS and the World Health Organisation (WHO), the main symptoms of this virus usually include:

- A cough
- A high temperature
- Shortness of breath

I have consulted with our Health Ministries Director, Dr Chidi Ngwaba, who has suggested that we self-quarantine if we think we have the virus. We should ring our GP's rather than go and visit our GP. We should call NHS 111 and they will advise us.

As a faith-based community of believers, we should be extra vigilant and help prevent this illness from spreading. There are some simple steps we should be taking in our churches and I am asking all church members to do their part in reducing the risk of spreading this virus. We should be:

- Avoiding shaking hands or cheek kissing
- Carrying a hand sanitiser. Hand hygiene is the first and most important line of defence.
- Carrying disposable tissues with you. Cover your nose and mouth when sneezing or coughing and dispose of the tissue carefully (catch it, bin it, kill it).

If you think you have the virus, you should:

- Stay at home and join the worship services online.
- Avoid work, school and other public areas.
- Avoid public transport and taxis.

Our BUC Health Ministries Director, Sharon Platt-McDonald has shared two websites that will inform us further on this virus. Please see:

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- and
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Finally, please join me in prayer, asking God to intervene with this crisis. Very soon we will be meeting in Indiana for the GC Session where thousands of brothers and sisters from all over the world, including those countries where this virus is prevalent. Let us pray for those families who have lost loved ones as a result of the Coronavirus. Nothing takes our God by surprise. He still sits on the throne and this is still His world. God will get us through this crisis.

Let us, "Trust in Him at all times: ye people, pour out your heart before Him: God is a refuge for us." *Psalms 62:8*.

Yours sincerely,



Dr Emmanuel Osei
PRESIDENT
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