



A gospel-based response to COVID-19
Resourcing and equipping the local Church

Church Training Program
Resource and Discussion Guide

MODULE 4:
Safe Practices for Community Care

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MODULE 4:

Safe Practices for Community Care

View the video for Module 4 at:

<https://vimeo.com/showcase/7254895/video/437978595>

Introduction:

As this church training program seeks to see health ministries, churches and communities working together for a gospel-based response to COVID-19, this module – grounded in a Biblical-perspective of COVID-19 – gives participants a greater understanding of the virus, as well as practical instruction for those who will provide care for COVID-19 patients and/or vulnerable community members.

This Resource and Discussion Guide is intended to support the content presented in the video module by providing an overview of key concepts, as well as further questions and activities for thought and discussion.

A list of referenced materials and recommended resources is provided at the end of this guide. We strongly encourage you to access these for further information, as well as some very practical tools for responding to COVID-19 in your community.

Module 4 Outline:

- **Section 1** – Understanding COVID-19 [00:00 – 05:18]
 - **Section 2** – A Biblical perspective on COVID-19 [05:19 – 10:52]
 - **Section 3** – Providing practical care safely [10:53 – 28:28]
 - Identifying the vulnerable and mobilizing for action
 - Making, using and removing Personal Protective Equipment (PPE)
 - Home visiting
 - Patient Care
 - **Section 4** – What to do if a patient dies [28:29 – 39:56]
 - Cultural considerations in responding to death
 - Safe removal and burial of a body
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SECTION 1 – Understanding COVID-19

KEY CONCEPTS:

- While it is a new disease, COVID-19 is spread in the same way as other infectious diseases.
- Understanding how COVID-19 is spread and ways to minimize transmission.
- Common symptoms of COVID-19.
- Churches can help to provide care in contexts where health facilities are not available or are overwhelmed.

NOTES:

DISCUSSION QUESTIONS:

1. What are some ways that COVID-19 is spread?
2. What are some things that you can do to prevent spreading or getting COVID-19?
3. What are some symptoms of COVID-19?
4. When should a sick person with COVID-19 be taken to the doctor or to a hospital? When may the sick person be cared for at home?

SECTION 2 – A Biblical perspective on COVID-19

KEY CONCEPTS:

- The origin of COVID-19 does not affect how we care for people with the virus.
- Our attitude in caring for the sick should be like that of Jesus.
- During this pandemic, Christian leaders have an opportunity to teach a biblical view of illness and suffering.
- Accessing medical care is not a lack of faith.
- The importance of “praying all the while” for healing, for a vaccine, etc.

NOTES:

DISCUSSION QUESTIONS:

1. Why do you think people get sick from COVID-19? Have you heard teaching that people get sick or don't get well because of their personal sins? What are your thoughts on this?
2. Do you think that Jesus' attitude toward a sick person would change because of why a person is sick or where the sickness came from? Why or why not?
3. In general, sickness is part of life in a fallen world. Do you think that both Christians and non-Christians experience the effects of living in a broken world? What examples or Bible verses support your beliefs?
4. Job's friends repeatedly tried to blame Job for his illness because of his own sin. How does the book of Job illustrate the danger of making assumptions or making judgments, or expecting that we will be able to understand the deep and hard issues of life?
5. Pastor Dwight teaches that when we or our loved one gets sick, we should take them to the hospital, “praying all the while.” In the Gospel of John, there are seven signs or miracles demonstrating that Jesus is the Christ, the Son of God (changing water to wine John 2:1-11; healing the official's son 4:46-54; healing the paralyzed man at the pool of Bethesda 5:1-15; feeding the 5,000 6:5-14; walking on the water 6:16-21; healing the man born blind 9:1-7). What human obedience do you see in each of these signs where people fulfilled their responsibility while God performed the miracle?

SECTION 3 – Providing practical care safely

IMPORTANT: Anyone providing care should be familiar with current World Health Organization (WHO) guidelines. Visit www.who.int

KEY CONCEPTS:

- Identifying the vulnerable and mobilizing your church for action.
- Protecting the caregivers - making, using and removing Personal Protective Equipment (PPE).
- Safety considerations and hygiene practices for home visiting.
- Specific instructions for patient care, including the management of symptoms

NOTES:

Making a bleach solution for the cleaning of PPE

- Mix 4 teaspoons of full-strength bleach with 1 liter of water
- Pour the solution into a spray bottle for use
- *Note: this solution has a 1-week expiration*

Making an Oral Rehydration Solution (ORS)

- Clean a container that holds at least 1 liter of liquid
- Boil/filter 1 liter of water
- Place 6 teaspoons of sugar + one half teaspoon of salt in the container
- Add one half cup of orange juice to the container
- Fill the remainder of the container with the boiled/filtered water and mix
- *Note: if you don't have orange juice, a banana can be eaten with each 1 liter of solution consumed.*

DISCUSSION QUESTIONS:

1. Should we only help those who are close to us or should we help others such as strangers? What does the Bible teach us about this?
2. Think of three people you know who are considered vulnerable during this time of COVID-19. What kinds of help do you think they might need?
3. What things do you need to consider in order to safely make a home visit to a family where one member is ill with COVID-19? What PPE should be worn if you are to enter the home? What PPE is needed if you stay outside of the home?
4. What are some things that you can tell a caregiver to do and to not do when taking care of a family member with COVID-19?

Activities

- Choose a song in your culture that lasts about 20 seconds. Sing the song while you and your group wash your hands with soap and water (you can pretend if needed). Continue to rub your hands and wrists until the song is finished. Be sure to cover all surfaces of your fingers, hands and wrists.
- Break up into groups of 3-4 and discuss how you could make/gather some simple PPE. What things do you have in your home that you could use to make simple PPE? Are there things that you could borrow from family or neighbors? Are there things that you would have to make or buy from the market?
- In small groups of 3-4 practice safe removal of PPE. If you have some simple PPE for practice, then put it on in readiness (otherwise you can pretend). Have one person responsible for using the disinfectant spray. The others will take off their PPE while the person with the spray will disinfect their gloves after each item is removed. Be sure to not touch your skin or inside clothing. Afterwards, review how your group did. What are some things that were done correctly? What are some things that could be improved?

SECTION 4 – What to do if a patient dies

KEY CONCEPTS:

- Most patients with COVID-19 will recover, but some – who are more vulnerable – will die.
- In some cases of death, the local church may be required to take care of burial and funeral arrangements.
- Cultural considerations in responding to death.
- Practical instruction for safe removal and burial of a body.

NOTES:

DISCUSSION QUESTIONS:

1. How does your culture care for and honor a dead person's body? Could any of these practices be harmful and dangerous during a pandemic?
2. Your traditional burial practices may be different from the examples in the video. Can you think of any practices in your setting that may expose family members, or those attending a burial, to the risk of becoming infected by the virus? If so, what alternative practices could be substituted for the unsafe practices?
3. Are there unbiblical beliefs in your culture related to death and what happens to a person's spirit? How can you help people leave the "elementary" (false) teachings in their culture through teaching sound, Biblical doctrine about death and dying?
4. How does the Bible's teaching about death and life after death release people from their fears of death and its consequences (John 5:28,29)?
5. Discuss what to do if a patient dies. What equipment would you need? What are the steps to follow?

Referenced materials and recommended resources:

- Africa CDC – Simple instructions on how to use a face mask (multiple languages)
<https://africacdc.org/download/simple-instructions-on-how-to-use-a-face-mask/>
- Africa CDC – Simple instructions on how not to use a face mask (multiple languages)
<https://africacdc.org/download/simple-instructions-on-how-not-to-use-a-face-mask/>
- Global CHE Network, Coronavirus lessons, materials and picture book resources, 2020
<https://www.chenetwork.org/coronavirus/>
- World Evangelical Alliance (WEA), “Caring for vulnerable people during COVID-19 (tip sheet)”, 2020
<https://covid19.worldea.org/wp-content/uploads/2020/05/Caring-for-vulnerable-people-COVID-19-tip-sheet.pdf>
- World Evangelical Alliance (WEA), “Caring for a Family Member with COVID-19 – Becoming the Accompanying Church”, 2020
<https://covid19.worldea.org/wp-content/uploads/2020/04/Caring-for-a-Family-Member-with-Covid-19-2.pdf>
- World Health Organization (WHO), “Home care for patients with COVID-19 presenting with mild symptoms and management of their contacts”, 2020
- [www.who.int/publications/i/item/home-care-for-patients-with-suspected-novel-coronavirus-\(ncov\)-infection-presenting-with-mild-symptoms-and-management-of-contacts](http://www.who.int/publications/i/item/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts)
- World Vision International, “COVID-19: Guidance for Faith communities & Places of Worship”, 2020
<https://www.wvi.org/publications/faithresponsetocovid19>