



**South Caribbean Conference**

P. O. Box 66, Port of Spain  
Trinidad, West Indies  
Tele. (868) 224-3218 ext. 4678

Fax. (868) 645-3551

January 22, 2020

**ATTENTION:**

Pastors  
Religious Educators  
Health Secretaries/Professionals  
Church Members

Dear Brethren:

Christian greetings.

In the light of the notice given by the World Health Organization (**WHO**) and the Centers for Disease Control and prevention (**CDC**) who are closely monitoring an outbreak caused by a novel (new) CORONAVIRUS which has been responsible for 291 confirmed human infections. **PLEASE NOTE THAT THIS VIRUS IS NOT CURRENTLY PRESENT IN TRINIDAD AND TOBAGO.**

SCC Health Ministries would like to encourage the membership to continue in your practice of good personal hygiene in your daily activities and further provide some simple guidelines and natural remedies in the event there are signs of infection.

***Common signs of infection include:-***

***“Respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.”***

However, if a person is having difficulty breathing or has a persistently high fever, please seek immediate medical attention.

**An Immune System builder using natural remedy:-**

**NATURE’S TEA:**

1 Orange Sliced  
1 Grapefruit Sliced  
3 Lemons sliced  
2 medium onion, peeled and sliced  
3 bulbs of garlic, cut and skinned

**METHOD:**

Put in a pot, add six (6) cups of water and boil for five (5) minutes. Pour mixture into a colander to strain. Drink two (2) ounces, three to four (3-4) times daily or 1 cup daily (*be careful of garlic use if on blood thinning medication*)

- ✓ Clean hands with soap and running water or an alcohol-based rub
- ✓ Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- ✓ Avoid close contact with anyone with cold or flu-like symptoms
- ✓ NO unprotected contact with live wild or farm animals
- ✓ In the interim, remove sugar and dairy from the diet (*these foods lowers a person's immunity due to its bacteria forming capabilities*)

**For Natural treatment of symptoms:-**

- ✓ Crush and blend a head of garlic with two whole lemons. Place mixture in a glass jar, refrigerate and take one tablespoon with meals three times a day. (*be careful of garlic use if on blood thinning medication*)
- ✓ For children with flu like symptoms, use 1 teaspoon of concoction mixed with their food three times daily
- ✓ Build Immune System – Sunlight, Walking, Go to bed before 10:00 pm.

Please be guided by these simple recommendations. Health Ministries will continue to monitor the potential spread of this virus into new territories.

Yours sincerely

*Victoria De Coteau*

**VICTORIA DE COTEAU**

Director

Health Ministries