



Brought to you by the Holy Family Health Ministry

We Have Been Through a Lot This Year

Congratulations!!!

You've made it through climate change, racial tensions, threats of war, halfway through a pandemic, and partway through hurricane season. Together, we are resilient.

We at the Holy Family

Health Ministry

would like to take the

time to encourage

continued

Breathe



strength

during

this time of difficulty.



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What we Know....

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

Fever
Dry cough
Tiredness

Less common symptoms:

Aches and pains
Sore throat
Diarrhoea
Conjunctivitis
Headache
Loss of taste or smell
Rash on skin
Discolouration of fingers or toes

Serious symptoms:

Difficulty breathing or shortness of breath
Chest pain or pressure
Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Be anxious for nothing

but in everything by prayer & supplication with thanksgiving make your requests made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.



When
you can't control
what's happening,
challenge yourself
to control the
way you respond
to what's happening.
That's where
your power is!



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Virgin Island COVID- 19 Hotline

Do you want more information on COVID- 19, or do you have a symptom and would like to get tested; Contact the Local Hotline at:

(340)-776-8311

Ext. 5704

For Latest Updates Text:

COVID19USVI to the Phone Number

888-777