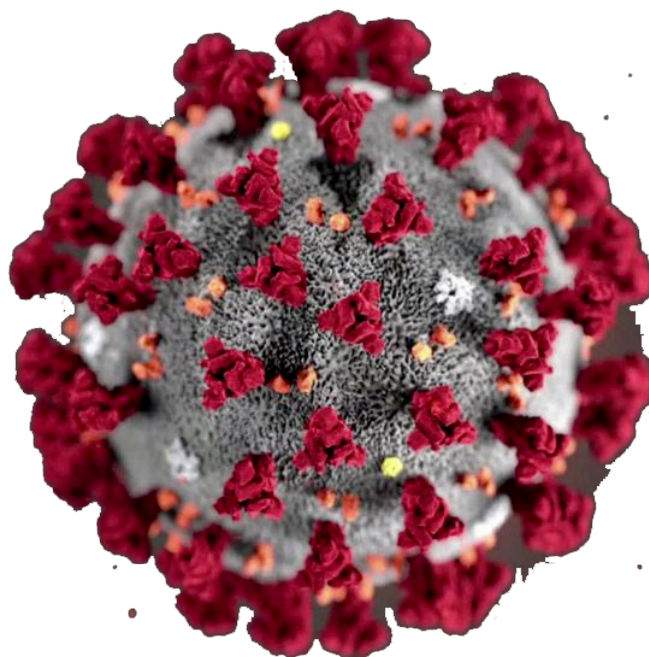




MINISTRY OF HEALTH



CONGREGATIONAL HEALTH MESSAGES ON COVID – 19

FOR USE BY RELIGIOUS LEADERS

Introduction

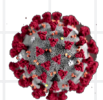
Corona virus which is also referred to as COVID – 19 has been declared a global pandemic by the World Health Organization (WHO). Kenya reported its first confirmed case on March 13, 2020. The devastating impact of COVID-19 has become a rapidly evolving crisis that has brought feelings of anxiety, apprehension and fear. Critical elements of our daily lives are being thrown into uncertainty concerning our health, employment, financial security, recreational activities, as well as our ability to gather as worshipping communities. Yet, coronavirus is not the first epidemic in the history of humanity.

Although the disease has disrupted our lives, there is hope in overcoming it as there is adequate information on the virus; how it is transmitted and what we should do to stop its spread. Furthermore, measures have been put in place by the government which will help us overcome the epidemic. However, the outbreak has prompted an upsurge of misinformation, rumors, stigma and virus-shaming.

In view of these difficulties, we as religious leaders wish to bring forward a message of hope and promise you our prayers even as we share the following messages.



- COVID-19 disease is caused by corona virus and affects people of all races, age, gender and ethnicity
- Symptoms appear 2-14 days of exposure and can be similar to cold or flu; severity of illness varies in different people. 80% of the patients get mild disease, 15% get severe disease and 5% get critical illness
- If an infected person neglects to seek medical attention on time, it may lead to death
- COVID-19 is spread through the eyes, nose and mouth via droplets produced on coughing or sneezing or by touching your face with your contaminated hand.
- Close contact of less than 1 meter with an infected person who is coughing or sneezing can expose you to the virus
- Touching contaminated surfaces, objects or items of personal use with your hands can get you exposed
- Coronavirus can survive on surfaces and objects for more than 8-10 hours
- Covid-19 can be more severe in the elderly people and those who have chronic illnesses like diabetes, high blood pressure, respiratory illnesses and others
- You are suspected to have COVID-19 if you have fever, cough, shortness of breath and have travelled to a coronavirus infected area or have come into contact with an infected person or have visited a facility where patients infected with coronavirus are being taken care of
- It can only be tested in specialized laboratories equipped to handle highly infectious diseases
- A person infected with COVID-19 can recover completely when they receive appropriate medical treatment
- COVID-19 cannot be passed on through food
- Lack of correct information on COVID- 19 fuels fear, panic and anxiety



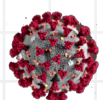
MESSAGE TO CONGREGANTS ON COVID - 19

- COVID-19 can be prevented by observing simple guidelines as issued by the Ministry of Health
- Wash hands regularly with soap and running water for minimum 20 seconds especially after visiting a public place or coughing, sneezing or blowing your nose
- If water and soap is not available, use an alcohol-based hand sanitizer
- Avoid touching your mouth, nose, eyes with your hands
- Cough or sneeze into a disposable tissue or on a flexed elbow. Throw the tissue into a litter bin as soon as possible
- Wear a 3 layered mask when out in public places. Wash your hands with soap and running water before wearing the mask, before removing it, and after removing it. Dispose the used mask in the bin.
- Avoid sharing personal household items such as towels
- The COVID- 19 is highly infectious hence the need for physical distance. Avoid shaking hands, hugging, kissing and other forms of close body contact
- Maintain a physical distance of at least one metre from anyone coughing or sneezing
- Often clean and disinfect all commonly touched surfaces such as tables, door handles, phones, toilets, keyboards, light switches
- You can make disinfectant for cleaning purposes at home by mixing one part jik to 6 parts water
- Staying at home with loved ones can control the spread of Coronavirus and provides an opportunity to build/rebuild relations with our family members
- We do need to pray, but our voices are heard by God whether we are praying alone in our houses or anywhere else
- Religious and other social gatherings have been suspended to contain the spread of the virus
- Taking care of each other is important as is taking care of ourselves.
- Your prayers, compassion and empathy for those quarantined or in isolation makes a difference as they are lonely and scared
- It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust such as friends and family can help.



MESSAGE TO CONGREGANTS ON COVID - 19

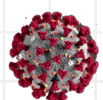
- COVID-19 knows no age, gender, class, race, social or political class, religion or education status. Everyone is at risk of getting infected
- People with existing health conditions and the elderly are likely to develop severe COVID-19 illness due to reduced immunity
- COVID-19 is not a death sentence. People who have tested positive for COVID-19 have been treated and recovered
- People who have recovered from COVID illness should not be labelled, stereotyped or discriminated against. Such treatment negatively affects them and their families.
- Stigma around covid-19 may force people who have symptoms similar to the disease to hide, hence they will not adopt the appropriate health seeking behavioral for early intervention
- We should celebrate those that have completed quarantine, and those that have recovered from the disease and welcome them back to the community
- People who are well informed about the disease will show empathy to others and keep themselves and their loved ones safe
- COVID-19 may have come from animals, but pets are not likely to be part of the transmission chain.
- Garlic is considered a healthy food with some antimicrobial properties – but there are no evidences to indicate it can help anyone fight off COVID-19
- There is yet no conclusive evidence that the use of Chloroquine and/or Hydroxychloroquine prevents or cures COVID-19
- Misuse of these medicines can lead to adverse effects affecting the heart or even lead to irreversible blindness
- COVID-19 Hot Lines 0800721316 (Toll Free) , 0729471414, 0732353535
- Survivors of Sexual and Gender Based Violence should immediately seek medical care at the nearest hospital within 72 hours. They should not wash themselves or change their clothing as this will erase crucial evidence. The matter should also be reported to the relevant authorities irrespective of who the perpetrator/s is/are.



- Pray for people who are in isolation or in self- quarantine as they are lonely and going through a difficult period
- Encourage the congregation to accept back to the community those that have left isolation or self – quarantine
- Do not stigmatize people who have recovered from COVID – 19
- Assure congregants that directives issued by the government in response to the corona virus are for the best interest of all the people.
- Discourage all social gatherings including churches, mosques, temples, weddings and burials. Where possible, use social media/virtual meetings to maintain your devotion and worship
- Stay home with your loved ones and maintain a healthy lifestyle -including healthy diet (plenty of fruits and vitamin C), sleep and exercise.
- Encourage congregants to avoid risky behavior that could expose them to HIV and other STI infections
- Encourage those with underlying conditions such as HIV, diabetes, high blood pressure, cancer to continue adherence to treatment
- Reassure children as they may be anxious, and provide them with correct information
- Create a warm, happy and safe environment for family members to tide them over this trying time.
- Encourage congregants to pray and worship from their homes to prevent exposure to the virus
- Encourage congregants to take the precautions which are being recommended by health experts against coronavirus, and other precautions and practices that keep the body healthy.
- Remind congregants that it pleases God when we protect lives. Regulations put in place by the government to do this are good in the sight of God.
- Encourage congregants to self-quarantine if they have come into contact with a person who has tested positive for COVID-19. (Self- quarantine means not sharing utensils, clothes, towels and bathrooms even with family members; disinfect when one cannot avoid sharing)
- Encourage congregants to seek medical attention if having fever, cough or shortness of breath



- Address stigma: Stigma around COVID-19 leads to violence and shaming of those who test positive or are suspected to be infected
- Encourage families and individuals to stock some dry foods and other essentials
- Encourage the congregation to share their love with each other in this season, including supporting the less fortunate with food and other essentials.
- Establish an online counselling support for congregants who may be distressed due to illness, loss of income, violence in homes
- Only share authenticated messages to avoid causing panic and fear. This will challenge the myths and misconceptions
- Avoid manipulation of bodies for burial rites to reduce the risk of exposure to COVID – 19
- Encourage burial of the dead immediately or within a short period
- Only a maximum of 15 persons should be in a burial so as to maintain physical distance and reduce exposure to or further spread of COVID-19



- COVID- 19 is a sign from God that the world is coming to an end
- COVID- 19 is a curse from God
- COVID-19 is a punishment from God
- COVID will infect those that fear the virus
- Prayer alone will cure someone who has been infected
- The government is using COVID – 19 to control religion by refusing congregations to assemble
- Only the elderly are getting infected with COVID- 19
- COVID – 19 is healing by itself when it infects a young person
- Africans cannot get infected and have an immunity against the corona virus.
- Corona virus was created in a laboratory as a bio-weapon.
- Eating a lot of garlic cures COVID- 19
- Taking tea regularly prevents you from corona virus infection
- Exposing the hot air of a hairdryer to your throat will kill the virus.
- The Corona virus cannot survive in hot climates – the tropics
- Pets can transmit the virus.
- Anyone coughing and/or sneezing has COVID-19
- If you get COVID-19 you will die



PRAYER CHANGES THINGS

Christian Scriptures on Prayer (NIV version)

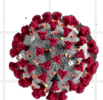
- If my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will forgive their sin and will heal their land. (2 chronicles 7:14)
- He will call on me, and I will answer him, I will be with him in trouble, and I will deliver him and honour him. (Psalms 91: 15)
- Before they call I will answer, while they are still speaking I will hear. (Isaiah 65:24)
- Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. (Mark 11:24)
- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)
- Others : John 16:23-24, Luke 11:9

Muslim Scriptures on Believing in Prayer and Being Patient

- And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah] (Quran 2:45)

Baha'i Scriptures on Prayers

- God will answer the prayer of every servant if that prayer is urgent. His mercy is vast, illimitable. He answers the prayers of all His servants. (The Promulgation of Universal Peace)



PHYSICAL/SOCIAL DISTANCING BENEFITS

Christian Scriptures on Social Distance

- Go, my people, enter your rooms and shut the doors behind you; hide yourselves for a little while until his wrath has passed by. (Isaiah 26:20)

Muslim Scriptures on Physical Distancing and Preventing the Spread

The Prophet PBUH said;

- “If you hear of a plague in a land, then do not go into it. If it happens in land where you are, then do not go out of it” – (Bukhari 5396, Muslim 2218)
- “There is no infection (without the decree of Allah) Do not mix the sick with the healthy” (Muslim4124)

MESSAGES OF HOPE

Christian Scriptures on Hope

- If you listen carefully to the voice of the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord who heals you. (Exodus 15:26)
- The Lord will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt, but He will inflict them on all who hate you. (Deuteronomy 7:15)
- For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:38-39)
- No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.(1 Corinthians 10:13)
- Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you. (1 Peter 5:6-7)
- For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. (2 Timothy 1:7)
- For His anger lasts only a moment, but His favor lasts a lifetime; weeping may stay for a night, but rejoicing comes in the morning. (Psalms 30:5)
- Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest? (Luke 12:25-26) Jeremiah 29:11-13



Muslim Scriptures On Hope

- “When you go in to visit the sick, express a hope that he will live longer, that will not avert anything, but it will comfort him” – (Bukhari 74/40)
- “Do not give up and do not be downhearted, you shall be uppermost if you are believers” (Quran 3:139)

Baha’i scriptures on Hope in God

- Be thou ever hopeful, for the bounties of God never cease to flow upon man. If viewed from one perspective they seem to decrease, but from another they are full and complete. Man is under all conditions immersed in a sea of God’s blessings. Therefore, be thou not hopeless under any circumstances, but rather be firm in thy hope (Selections from the Writings of `Abdu’l-Bahá, p. 205).
- Therefore strive that your actions day by day may be beautiful prayers. Turn towards God, and seek always to do that which is right and noble. Enrich the poor, raise the fallen, comfort the sorrowful, bring healing to the sick, reassure the fearful, rescue the oppressed, bring hope to the hopeless, shelter the destitute! (`Abdu’l-Bahá)
- Banished and faithful friend! Quench the thirst of heedlessness with the sanctified waters of My grace, and chase the gloom of remoteness through the morning-light of My Divine presence. Suffer not the habitation wherein dwelleth My undying love for thee to be destroyed through the tyranny of covetous desires, and overcloud not the beauty of the heavenly Youth with the dust of self and passion. Clothe thyself with the essence of righteousness, and let thine heart be afraid of none except God. Obstruct not the luminous spring of thy soul with the thorns and brambles of vain and inordinate affections, and impede not the flow of the living waters that stream from the fountain of thine heart. Set all thy hope in God, and cleave tenaciously to His unfailing mercy. Who else but Him can enrich the destitute, and deliver the fallen from his abasement?(Gleanings from the Writings of Bahá’u’lláh)



ENCOURAGEMENT TO THOSE WHO ARE SICK WITH COVID – 19

Christian Scriptures on Encouraging the Sick

- The Lord is close to the brokenhearted and saves those who are crushed in spirit. He protects all his bones, not one of them will be broken. (Psalms 34:18,20)
- The Lord will sustain him on his sickbed and restore him from his bed of illness. (Psalms 41:3)
- A man's spirit sustains him in sickness, but a crushed spirit who can bear? (Proverbs 18:14)
- But I will restore you to health and heal your wounds, declares the Lord. (Jeremiah 30:17 a)
- Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John:2)

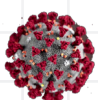
Muslim Scriptures on Encouraging the Sick

- “..... and (righteous are those) who remain patient in times of poverty, sickness, and during conflict.” (Quran 2:177)
- “ O ye who believe, be patient and excel in patience and remain steadfast and be careful of (your duty to) Allah, that you may be successful.” (Quran 3:200).

ADDRESSING FEAR

Christian Scriptures on Addressing Fear

- 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)
- When you pass through the waters, I will be with you, and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you a blaze. (Isaiah 43:2)
- Have I not commanded you? Be strong and courageous. Do not be afraid, for the LORD your God will be with you wherever you go. (Joshua 1:9)
- Do not fear, for I have redeemed you; I have called you by name; you are mine. (Isaiah 43:1)
- I sought the Lord and He answered me; He delivered me from my fears. (Psalms 34:4)
- Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.” (Deuteronomy 31:6)
- God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. (Psalm 46:1-3)



ADDRESSING FEAR

- So we say with confidence, “The Lord is my helper; I will not be afraid. What can man do to me?” (Hebrews 13:6)
- Others: Isaiah 35: 4, 1 John 4:18, John 14:27, Psalms 23:4,

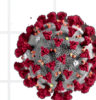
Muslim Scriptures on Addressing Fear

- No disaster strikes except by permission of Allah. And whoever believes in Allah- He will guide his heart. And Allah is Knowing of all things (Quran 64:11)
- Baha’i scriptures on addressing fear and anxiety
- The gross materialism that engulfs the entire nation at the present hour; the attachment to worldly things that enshrouds the souls of men; the fears and anxieties that distract their minds; the pleasure and dissipations that fill their time, the prejudices and animosities that darken their outlook, the apathy and lethargy that paralyze their spiritual faculties—these are among the formidable obstacles that stand in the path of every would-be warrior in the service of Bahá’u’lláh, obstacles which he must battle against and surmount in his crusade for the redemption of his own countrymen(Citadel of Faith)
- In such wise was the Day of Resurrection proclaimed. The believers were seized with such fear and terror that some fled, others remained bewildered and dumbfounded, and still others wept and lamented. Some were so dismayed that they fell ill, and Hájí Mullá Ismá’íl was so overcome with fear and terror that he cut his own throat. But after a few days, peace and composure were regained and the confusion and anxiety were dispelled. Most of those who had fled became steadfast again, and the episode of Badasht drew to a close. (Twelve table talks given by ‘Abdu’l-Bahá in ‘Akká)

PUT YOUR TRUST IN GOD

Christian Scriptures on Trust in God

- I lift up my eyes to the hills – where does my help come from? My help comes from the Lord the Maker of heaven and earth. (Psalms 121:1)
- We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. (2 Corinthians 4:8-9)
- And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. (1 Peter 5:10)
- Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. (1 Peter 1:13)
- But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect. (1 Peter 3:15)



Muslim scriptures on Trust in God

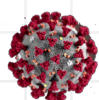
- “Say nothing will afflict us, save what Allah has ordained for us; He is our Patron; and on Allah let the believers rely (Quran 9:51)

Baha’i scriptures on Trust in God

- Today, humanity is bowed down with trouble, sorrow and grief, no one escapes; the world is wet with tears; but, thank God, the remedy is at our doors. Let us turn our hearts away from the world of matter and live in the spiritual world! It alone can give us freedom! If we are hemmed in by difficulties we have only to call upon God, and by His great Mercy we shall be helped.
- If sorrow and adversity visit us, let us turn our faces to the Kingdom and heavenly consolation will be outpoured.
- If we are sick and in distress let us implore God’s healing, and He will answer our prayer. (Paris Talks)

Hindu references on Trust in God ((Atharvana Veda scriptures)

- My homage to the Almighty God who is the ordainer of all that existed in the past and of that which will exist in the future in the form of eternal bliss AV 10-8-1
- He is the Creator, the Ordainer, the Source of all types of motion and energy. He is the highest feeder AV13-4-3
- He takes care of all that breathes and of all that does not breathe. He has got all this conquering power. He is the one and one alone and the only one. All these luminous forces of nature become one in Him AV13-4-19/21



PEACE OF GOD

Christian Scriptures on Peace of God

- You will keep in perfect peace those whose minds are steadfast, because they trust in you (Isaiah 26: 3)

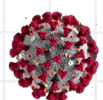
Muslim Scriptures on Peace of God and Being Patient with the Situation;

- And we will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient. Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return. Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided (Quran 2:155-157)
- Baha'i scriptures on peace of God
- May the peace of God be with those who have been guided aright through the power of divine guidance.(Selections from the Writings of the Báb)

DO NOT SPREAD FALSE REPORT

Christian Scriptures on Not Spreading False Report

- Do not spread false reports. (Exodus 23:1)
- A false witness will not go unpunished, and he who pours out lies will perish. (Proverbs 19:9)
- The words of the reckless pierce like swords, but the tongue of the wise brings healing. (Proverbs 12:18)
- Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Ephesians 4:29)
- Then the LORD said to me, "The prophets are prophesying falsehood in My name I have neither sent them nor commanded them nor spoken to them; they are prophesying to you a false vision, divination, futility and the deception of their own minds. (Jeremiah 14; 14)
- "Be on guard for yourselves and for all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood. "I know that after my departure savage wolves will come in among you, not sparing the flock; and from among your own selves men will arise, speaking perverse things, to draw away the disciples after them. (Acts 20:28-30)



DO NOT SPREAD FALSE REPORT

Muslim Scriptures on Not Spreading False Reports

- “O you who believe, if a faasiq(liar – evil person) comes to you with any news, verify it, lest you should harm people in ignorance and afterwards you become regretful for what you have done” (Quran 49:6)

Prophet Muhammad (PBHU) Said:

- “It is enough lying for a man to speak of everything that he hears.” (Muslim 4482)

Baha’i Scriptures on Not Spreading False Report

- Condemnation of those who lay false claim to esoteric knowledge (The Kitáb-i-Aqdas)

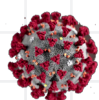
TAKING CARE OF EACH OTHER

Christian Scriptures on Taking Care of Each Other

- But God has put the body together, giving greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. (I Corinthians 12:24-26)
- And do not forget to do good and to share with others, for with such sacrifices God is pleased. (Hebrews 13:16)
- Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. (I Peter 3:8)

Muslim Scriptures on Supporting and Caring for One Another

- Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbor, the neighbor farther away, the companion at your side, the traveler, and those whom your right hands possess. Indeed, Allah does not like those who are self-deluding and boastful – (Quran 4:36)

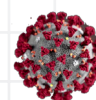


Baha'i References On Taking Care Of Each Other

- As regards any possible distinctions, the utmost that Bahá'u'lláh says is that conditions among men vary, that some, for instance, are defective. Therefore, such souls must be educated in order that they may be brought to the degree of perfection. Some are sick and ailing; they must be treated and cared for until they are healed. Some are asleep; they need to be awakened. Some are immature as children; they should be helped to attain maturity. But all must be loved and cherished. The child must not be disliked simply because it is a child. Nay, rather, it should be patiently educated. The sick one must not be avoided nor slighted merely because he is ailing. Nay, rather, he must be regarded with sympathy and affection and treated until he is healed. The soul that is asleep must not be looked upon with contempt but awakened and led into the light. (The Promulgation of Universal Peace)
- Oh, friends of God! If ye will trust in the Word of God and be strong; if ye will follow the precepts of Bahá'u'lláh to tend the sick, raise the fallen, care for the poor and needy, give shelter to the destitute, protect the oppressed, comfort the sorrowful and love the world of humanity with all your hearts, then I say unto you that ere long this meeting-place will see a wonderful harvest. Day by day each member will advance and become more and more spiritual. But ye must have a firm foundation and your aims and ambitions must be clearly understood by each member. (Paris Talks)

Hindu References on Supporting and Caring for One Another

- Neither a brother should hate his brother nor a sister unkind to her sister, you ought to speak with another most gently being united in your mind and keeping the same ideal before you AV 3-30-3
- That path of the Vedas I ordain in your home against which the enlightened persons never go nor do they bear hatred towards one another, so that it may serve as leading principle for all men AV 3-30-4
- Mankind! I ordain for you to have concordance in your heart, unanimity in your minds and freedom from hatred. Every one of you ought to love one another in every way just as the cow loves the calf just born AV 3-30-1
- O Mankind! I enjoin on all of you to be mutually helping one another, to be united in your mind and to have common ideal of life for benefitting one another. Like the enlightened persons whoever take care of immortal principle (in their life) may the friendly feelings amongst you increase morning and evening AV 3-30-7



Christian Scriptures on Obeying the Law of the Land

- Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves (Romans 13:1-5)
- Do not merely listen to the word, and so deceive yourselves. Do what it says. (James 1:22)
- Submit yourselves for the Lord's sake to every authority instituted among men: whether to the king, as the supreme authority. (I Peter 2:13)
- Others: Hebrews 13:17, Proverbs 28:4, Proverbs 28:9, Mark 12:13-17, Titus 3:1

Muslim Scriptures on Obeying Earthly Leaders

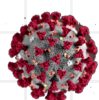
- "O you who have believed, obey Allah and obey the Messenger and those in authority among you" (Quran 4:59)

Baha'i Scriptures on Obedience to Government

- To all administrative regulations which the civil authorities have issued from time to time, or will issue in the future in that land, as in all other countries, the Bahá'í community, faithful to its sacred obligations towards its government, and conscious of its civic duties, has yielded, and will continue to yield implicit obedience.(God Passes By)
- Furthermore each and every one is required to show obedience, submission and loyalty towards his own government. Today no state in the world is in a condition of peace or tranquillity, for security and trust have vanished from among the people. Both the governed and the governors are alike in danger. The only group of people which today submitteth peacefully and loyally to the laws and ordinances of government and dealeth honestly and frankly with the people, is none other than this wronged community....(Selections from the Writings of 'Abdu'l Bahá)

Hindu References on Obedience to Authority

- Mankind! Who are respectful to the elders possessing noble hearts, friendly, in your undertakings of acquiring wealth and walking in the same path bearing the common yoke together, be never disunited with one another, come, I make you one intentioned and one minded and each one of you speak sweetly to the other AV 3-30-5
- Let the son be obedient to his father and in accordance with the mind of his mother. Let the wife speak to her husband calm, gentle, sweet words as honey AV 3-30-2



ADDRESSING MYTHS AND MISCONCEPTIONS

Christian Scriptures on Addressing Myths and Misconceptions

- That you may command certain people not to teach false doctrines any longer, or to devote themselves to myths and endless genealogies. Such things promote controversial speculations rather than advancing God's work- which is by faith. (1 Timothy 1: 3-4)
- Stop judging by mere appearances, but instead judge correctly. (John 7:24)
- Then you will know the truth, and the truth will set you free. (John 8:24)
- As Jesus was sitting on the Mount of Olives, the disciples came to Him privately. "Tell us", they said, "when will this happen, and what will be the sign of your coming and of the end of the age?" Jesus answered: Watch out that no one deceives you...."(Mark 13: 3-5, Mathew 24: 3-5)

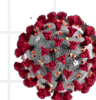
Muslim Scriptures on Addressing Myths and Misconceptions

- "Of them there are some, who pretend that they listen to you, but their prejudices have dulled their faculties and we have cast veils over their hearts and deafness in their ears so they are unable to understand. Even if they see every one of our signs, they will not believe. So much so, that when they come to you, they argue with you. The unbelievers say; (these are nothing but tales of the old times.)" Quran 6:25

ADDRESSING STIGMA AND DISCRIMINATION

Christian Scriptures on Stigma and Discrimination

- So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. (Matthew 7: 12)
- For God does not show favouritism. (Romans 2:11)
- Then Peter began to speak: "I now realize how true it is that God does not show favouritism 35 but accepts from every nation the one who fears Him and does what is right. (Acts 10: 34-35)
- Other References- Proverbs 12:25, Luke 7:39, James 2:1, Galatians 5:14, James 3:17, John 9:2-3, 1 Cor. 12:12-15, 1 Cor 12: 21-26, Rom 14:13, Job 13:10, Acts 10:34-35, James 2:8-9, James 2:4, 2 Chronicles 19:6-7, Mark 7:21-23



ADDRESSING STIGMA AND DISCRIMINATION

Muslim Scriptures on Addressing Stigma and Discrimination

- Don't ridicule others- "One group of people should not make fun of another group of people. May be they (the latter) are better than they (the former)" (Quran 49:11)
- "The Prophet of Allah Peace Be Upon Him said "verily Allah did not send me to find fault of others nor to be obstinate. However I was sent to be an easy going teacher) – Sahih Muslim 1478
- "O you who believe! Avoid most of suspicion (against others), for surely suspicion in some cases is sin; and do not spy (into other people's affairs), nor let some of you backbite others." (Qur'an 49:12)

Baha'i Scriptures on Addressing Stigma and Discrimination

- "Bahá'u'lláh has also taught that prejudices, whether religious, racial, patriotic or political are destructive to the foundation of human development. Prejudices of any kind are the destroyers of human happiness and welfare." 'Abdu'l-Bahá, Baha'i World Faith, p. 240

TREATMENT AND SCREENING

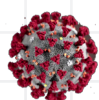
Christian Scriptures on Treatment and Screening

- But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares. (Jeremiah 30:17)
- Go," he told him, "wash in the Pool of Siloam" (this word means "Sent"). So the man went and washed, and came home seeing. (John 9:7)
- A man's spirit sustains him in sickness, but a crushed spirit who can bear. (Prov 18: 14)

Muslim Scriptures on Seeking Treatment and Screening;

The Prophet PBUH said;

- "There is a remedy for every malady" – Bukhari 54661
- "O worshippers of Allah, use medical treatments" – (Tirmidhi: 2170)
- "Seek treatment but do not seek treatment by the unlawful (Ibn Dawud 3874)



TREATMENT AND SCREENING

Baha'i Scriptures on Seeking Treatment and Screening

- It is incumbent upon everyone to seek medical treatment and to follow the doctor's instructions, for this is in compliance with the divine ordinance, but, in reality, He Who giveth healing is God. (Selections from the Writings of 'Abdu'l Bahá)

BASIC HYGIENE INCLUDING HAND WASHING TO STOP COVID – 19 SPREAD

Christian Scriptures on Basic Hygiene and Handwashing

- When they come from the market place they do not eat unless they wash (their hands). (Mark 7: 4)

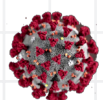
Muslim Scriptures on Basic Hygiene and Hand Washing

The Prophet PBUH said;

- "Cover the vessels and close the water skins, for there will be night out of the year in which an epidemic descends. It will not pass over an uncovered or untied water skin but that some of this contagion will fall into it" (Muslim 2014)
- Aisha (ra) reported; the messengers of Allah PBUH, if he wanted to eat or drink, he would first wash his hands and then eat or drink (Sunnan Al-Nasai 258).
- "When one of you awakens from sleep, do not let Him dip his hands into the vessel until he washes them three times. Verily, he does not know where his hand spent the night (Bukhari 160, Muslim 278)

Baha'i Scriptures on Basic Hygiene

- The believers are exhorted in the Kitáb-i-Aqdas to bathe regularly, to wear clean clothes and generally to be the essence of cleanliness and refinement. (The Kitáb-i-Aqdas)



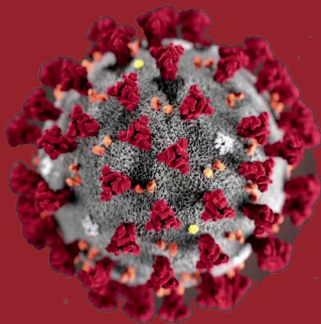
- Child help line: 116, or sms to 0722116116
- National Council for Children Services: 08002210080
- Health care Assistance Kenya: 1195
- Gender Based Violence reporting: 1195, Counselling: 1190
- INERELA + Support counselling call lines : +254799061998, +254722166082
- LVCT health hotline 800 720 121 (toll-free)



maisha!

National AIDS Control Council





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