

HOPE

HELPING. OUT. PEOPLE. EARNESTLY

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COVID19 QUARANTINE CENTRE
LIVINGSTONE FOUNDATION INTERNATIONAL
KEVIJA-Ü/THAHEKHU, DIMAPUR
Managed by Western Sümi Hoho &
Western Sümi Baptist Akukuhou Küqhakulu (WSBAK)

M O N D A Y

e-Newsletter

VOL-1 ISSUE NO -10

08 / 06 / 2020

08/06/2020
NEWS FLASH

- Breakfast was prepared by Thahekhu STH Block 6.
- Lunch & Dinner was prepared by Akuvuto community.
- The Western Sumi Students' Union (WSSU) is ready to send 3 volunteers to serve in the LFI Quarantine centre.
- Sunday Morning worship led by SBC Ekraniathar.
- Evening Worship led by Worship team Thahekhu village youth and special appearance by Abdon Mech, upcoming Youth sensation.



K. Kakheho (Denis) Yeptomi
Convenor
Finance committee - COVID19 Q – centre LFI.

MESSAGE

Being a part of the Western Sumi Baptist Akukuhou küqhakulu and Western Sumi Hoho joint initiative to manage LFI quarantine centre as a finance convenor, has continuously been an overwhelming experience.

The initial stages of financially managing a quarantine centre seems arduous, but as it began to function, we were tremendously overjoyed with all the support and positive responses received in the form of cash and kind. Our heartiest gratitude to all the individuals, families and organizations who worked selflessly, who prayed unceasingly, and who provided hygienically safe and nutritious meals at the quarantine centre.

It is truly amazing to see that people are cheerfully giving and blessing others through their good works, irrespective of tribe, community and religion.

This initiative would not have been successful without LFI's extended help to provide their institution's premises.

We believe that all these help and contributions will continue to make this initiative into a beautiful process and a purposeful effort.

GOD BLESS US ALL

COVID19

SOME DO'S & DON'TS:

Do's

1. Always use Hand Wash or Hand Sanitizer
2. Always Cover Your Mouth & Nose
3. Consult A Doctor If Sick
4. Stay Indoors
5. Maintain Social Distancing

Don'ts

1. Avoid Close Contact With Anyone
2. Do Not Spit
3. Avoid Close contacts
4. Don't Panic
5. Don't Touch Your Face, Eyes & Nose

Protecting yourself and others from the spread COVID-19

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 meter (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 meter (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

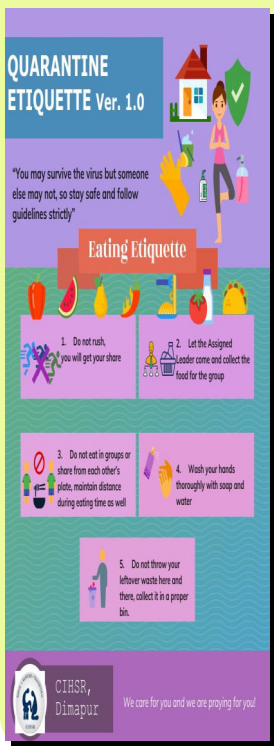
Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

Advice on the safe use of alcohol-based hand sanitizers

To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

Source - www.who.int/covid-19/information (last updated 29th April 2020).





Inali Yeptho
Room - 6. Bed no - 50

THANK YOU!

"Behold, I come quickly, and my reward is with me, to give man according as his work shall be. Rev.22:12."

I would like to express my heartfelt gratitude to Western Sumi Hoho and Western Sumi Baptist Akukuhou Kuqhakulu for their great initiative taken in the safety and health of all the returnees (inmates) from different parts of our country. We really appreciate your kind support in this endeavour.

The centre was so well organized and equipped with all necessary measures which not only helped us to stay healthy but also rejuvenating and replenishing our mind. The warm welcome gifts, spotless linen, the snacks, WiFi 24/7 during our stay, great fellowship each and every evening, the never ending amenities, the food loaded with nutrients never makes us realise we are away from our homes.

The frequent visit by the Doctors and the medic team to check our health status, temperature frequency has treated us pretty well. We highly appreciated the initiative taken towards the fun activities during this period. All of these were so helpful to built our mental, spiritual, physically and emotional well-being and sharpen our skills. We never felt bored during our quarantine period.

We also would like to thank and appreciate the LFI and the proprietor Sir Dr. Andrew Ahoto Sema and our Convener Mr. N. Suhuto Chishi Youth Secy. WSBK and his strong team who left their own families, comfort homes to work 24/7 tirelessly and they stood every second behind, to make us feel safe and sound, taking care of us with full responsibilities. Indeed we are so much grateful for your dedication and admirable work ethics. Your commitment to excellence has inspired many of us.

We pray that our Lord and Saviour Jesus Christ will continue to gives us strength and more power to fight together during this pandemic period. And I have a strong belief, we will be succeeding very soon and rise again.

"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly place. Ephesians.1:3."

Thank you all.

List of Inmates at Q centre LFI

Total No: 155 (Female only)

Dimapur District: Sumi - 37, Ao - 7.
Lotha - 6, Angami - 2, Yimchunger - 2, Phom - 3, Bengali - 2, Chang - 1,
Konyak - 1. Kuki - 1, Rongmei - 1, Garo - 1, Bihari - 1, Nepali - 2.

Peren District: Zeliang -74

Mon District: Konyak - 15. (among the inmates there are two infant one is 4 months and the other is 1 years old).

Shops and Market



Be careful and Be safe.
India has the habit of losing in FINALS

Breakfast was Prepared by Thahekhu STH Block - 6



The day before yesterday's breakfast was prepared by Hejeto colony Thahekhu STH.

"Cleanliness is next to Godliness"

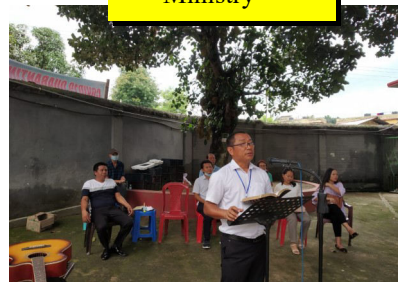


THE CHEFS

Akuvuto Youth



Ministry



Message by Rev. Tovishe Sema Secy. DoME - WSBK

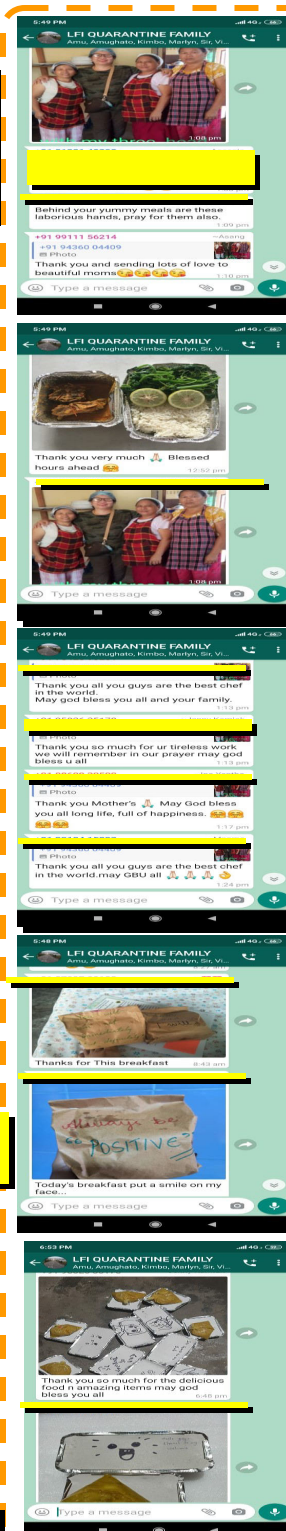


Evening Worship led by Worship team Thahekhu village youth and special appearance by Abdon Mech, upcoming Youth sensation



Worship Team SBC Ekraniopathar

Responses from inmates



HELPLINE NUMBERS:

For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003; 9436004409; 8837207330

Organiser's: 8787581778/9402832881; 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M)

Soliciting your cooperation