

COVID-19 is reminding us how precious our physical and spiritual health is

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The HJ Magnolia global medical foundation successfully ensured the safety of all attendees of World Summit 2020. All participants followed the strict health protocols from the World Health Organization (WHO) and directly communicated any health concerns with our experienced medical staff at the event. By taking all precautionary measures during the event, we avoided an outbreak of the pandemic unlike other mass events that happened in South Korea at the time.

COVID-19 is an infectious respiratory disease caused by a newly discovered coronavirus with a mortality rate of approximately three percent worldwide. The disease has now spread to 197 countries. The mortality rate of the disease can vary from 1.5 percent (South Korea) up to 11 percent (Italy) depending on the average age of the infected people and the capacity and availability of the nation's intensive care system.

According to the WHO, most people who are infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people (age sixty and above) and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness.

The best way to protect yourself and others against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth or nose. In a study covering over twenty-thousand person-years, outpatient visits for respiratory illness were 45 percent lower among army recruits who washed their hand at least five times a day compared with controls.

Coronaviruses have a viral envelope, which makes them potentially susceptible to surface-active agents such as soap and alcohol. Any hand-rub products with an alcohol content of at least 75 percent will effectively eliminate the virus on an exposed surface and hands.

Also, maintain at least one meter (three feet) of distance between yourself and anyone who is coughing or sneezing. Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then dispose of the used tissue immediately. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. If we work together for the sake of others, we can overcome this catastrophic pandemic together as a world.

The outbreak of COVID-19 is reminding us how precious our physical and spiritual health is and how we are all connected as children of Heavenly Parent. This is the crunch time for us to practice interdependence, mutual prosperity and universal values to overcome the pandemic outbreak together as a world with the benevolent love of True Mother.