

## HEALTH & WELLNESS

# Our Home Health Center

*There is a time for every-  
thing, and a season for every  
activity under heaven:*

*a time to be born and a time  
to die,  
a time to plant and a time to  
uproot,*

*a time to kill and a time to  
heal, a time to tear down and  
a time to build,*

*a time to weep and a time to  
laugh, a time to mourn and a  
time to dance,*

*a time to scatter stones and a  
time to gather them, a time  
to embrace and a time to  
refrain,*

*a time to search and a time  
to give up,  
a time to keep and a time to  
throw away,*

*a time to tear and a time to  
mend, a time to be silent and  
a time to speak,*

*a time to love and a time to  
hate, a time for war and a  
time for peace.*

***He has made everything  
beautiful in its time...***

**Ecc 3: 1-8, 11 (NIV)**



More of our health care takes place in our home than anywhere else. Having the right tools, medicines, supplies, and information on hand will improve the quality of our self-care. Self-care tools are the basic equipment of a home health center. Store all self-care tools and supplies in a central location, such as a large drawer in the bedroom or family room. It's a good idea to keep a well stocked medicine cabinet as it is not just useful for everyday aches, itches, cuts and bruises, but it's vital in an emergency

### **Safety first**

The most important thing about a medicine cabinet in a family home is that it must be out of reach of small hands. Accidental poisoning can occur even from vitamin pills. Iron, for example, can be highly toxic in kids. Always check dosages.

### **Must-haves**

- Paracetamol and/or ibuprofen in adult and child versions. Always stick to the correct dosing instructions.
- Antihistamine cream and oral preparations. These are useful for allergic reactions to insect bites, pollen or animals.
- Antiseptic cream/spray, although a good wash with soap and water is often all that is needed.
- Plasters and bandages. Keep a good supply in, particularly plasters.
- Vapour rub or oil for snuffly noses.
- A thermometer for checking if your child has a fever.
- A dosing syringe, available from any pharmacy. If you don't have one, use a proper dosing spoon. Household teaspoons vary greatly in size and may mean giving too much medicine.



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*The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.*

**Prov 1: 7 (NIV)**



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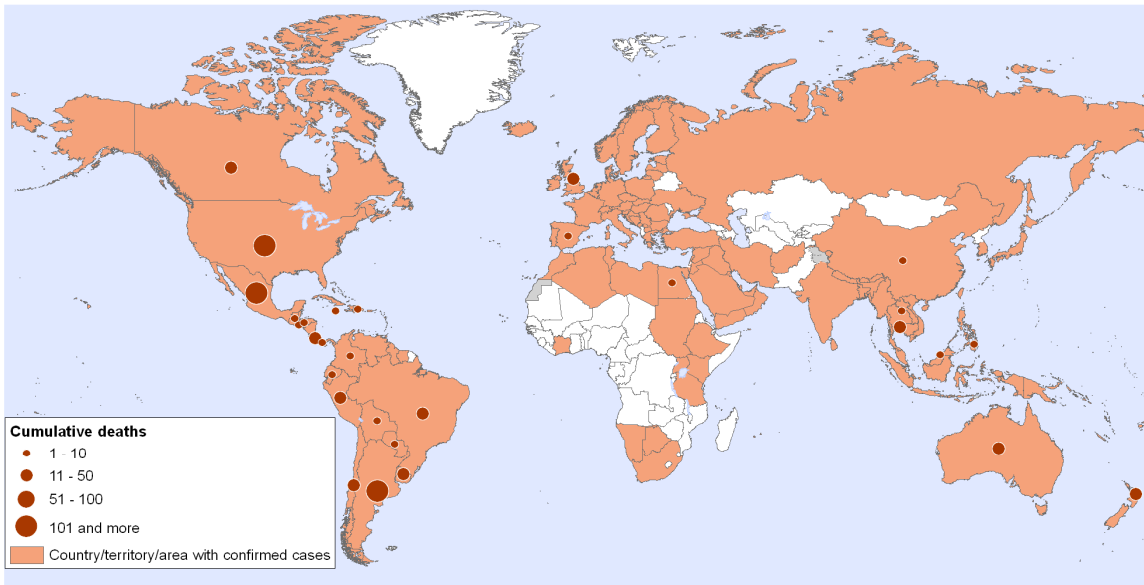
**Keep an eye on contents**

Bathrooms are hot and steamy places, which aren't always the best places to store medicine. Regardless, keep an eye on whether medicines have fallen out of their sell-by. They are very unlikely to do you any harm as 'off' food would, but they may not be as effective.

<http://ukfamily.co.uk/lifestyle/health-development/kids-health/>    <http://health.yahoo.com/emergency/>

**PANDEMIC (H1N1) UPDATE**

Pandemic (H1N1) 2009, Countries, territories and areas with lab confirmed cases and number of deaths as reported to WHO Status as of 22 July 2009



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization  
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World Health Organization



Map produced: 24 July 2009 10:00 GMT

**PRAYER BOARDS**

- ▶ We have already set-up our office in the U.S. but we still need to complete our Board of Directors. Please pray for the right person that the Lord will choose as our co-worker.
- ▶ Furthermore, we need to register our office in the U.S. as soon as possible
- ▶ Please pray for financial provision for several projects of UTOL.
- ▶ We covet your prayers for the right people that the Lord will anoint as our partners for the Hospital project.
- ▶ Please pray for the Board of Directors as they plan for the next direction of the foundation.