

# I survived COVID-19 because...

In trying to capture the disruption that COVID-19 brought to staff members who became ill, we asked them to share their stories.

*I spent the entire two weeks recommended for self-isolation alone. During this time, I followed my doctor's guidance. I took my medication as a Holy Grail. I knew that my life depended on following the doctor's orders. On top of that I also used natural remedies like drinking water with lemon every day, and took 1 000 milligrams of vitamins C and D daily. I also spent a lot of hours in bed to keep warm. The virus does not do very well in warm weather. That is why experts also recommend that those infected with the virus spend 10-15 minutes in the sun so that their bodies get warm.*



*Friends, family and colleagues did more for me than I could ever have imagined. From the time people heard about my predicament, I started receiving warm messages. Vitamins in all shapes and forms were left outside my door. People came to my house to give me love. A friend of mine said to me, let the virus be in your body only and not on every space you touch in your house. She organised the fogging of my house. Neighbours were peeping through their curtains and I just did not care. My life was more important. The space PPE that I had first got a glimpse of in South Korea when the virus hit its shores, was something that hit my house. I could sleep in peace fighting the virus, knowing that it was no longer hiding on my sofa, wardrobe or anywhere. Everything was sanitised. I took all medication according to the book. I took the correct diet. I had never eaten citrus fruit because I always reacted but if it would help save my life, so be it. I am alive and this is a second chance that the Lord has given me. I am grateful to Him. He lives!*



*For me, I would have died were it not for one of my pastor colleagues. Out of respect to the service that he offered, I will not mention his name. He poured strength into my life when I was in despair. Every morning, I would wake up to a prayer voice note on my phone. The note seemed as if it was created specifically for me. Instead of crying myself to sleep, I looked forward to waking up and being thankful that I had a partner to pray for my salvation. Being diagnosed with COVID-19 felt like a death sentence had been handed to me. Having a praying colleague helped me navigate a terrible storm. I realised that the power of prayer made me have positive feelings and I am grateful to have had a fellowship of this nature.*

