

# Simple things to prevent COVID-19

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- A. **Social Distancing** - COVID-19 can be picked up in public but does not travel far in the air. A safe social distance is at least 6 feet apart.
- B. **Wash your hands / Wash your throat** – COVID-19 infects you if there is virus on your hands and you touch your eyes, mouth, or nose. **Wash Your Hands** or use a **60% alcohol hand sanitizer**, especially upon returning home from being in public and before you eat. Wash away any potential virus germs from your mouth and throat with a warm drink. A combination of warm water, fresh lemon and fresh ginger works well.
- C. **Wear a face mask** – covering your mouth and nose helps to prevent liquid/airborne germs from spreading.
- D. **Don't Panic!** Now more than ever is the time to be proactive for your health.

## WHAT CAN I DO NOW?

1. Be on the lookout for flu like symptoms such as persistent fever (especially above 102 F), fatigue, dry cough, shortness of breath, head, and body aches. It can mimic seasonal flu and other viral infections like common colds. ***If you have lost your sense of taste and smell, chances are good that you have COVID and not the flu or a common cold.***
2. COVID-19 is easily spread and virulent like flu. Now is not the time to ignore your health, especially if you are over age 60 and have underlying health issues which effect your immune system, heart, and lungs.
3. Social Distancing - avoid large groups, work from home if possible and maintain a minimum of 6 feet between you and others if you are in public.
4. The flu vaccine will not prevent COVID-19.
5. The best way to prevent the spread of an infection is to wash your hands with warm water and soap, before eating, when you return home, and after you have been in a public place. 60% alcohol-based hand sanitizers also work if hand washing is not available. Washing down germs in your mouth and throat with warm liquid is also helpful.
6. Wear a face mask when in public - don't touch your eyes, mouth or nose with unclean fingers.
7. Drink plenty of pure water. Take a quality multivitamin plus other antiviral/immune boosting nutrients.
8. Get plenty of rest/sleep. Get plenty of exercise.
9. Eat plenty of fresh fruit and vegetables; they boost your natural immunity.
10. Eat less refined sugar, it suppresses your natural immunity.
11. If you start to feel sick or think you have been exposed to someone who has tested positive, **don't panic**. Be proactive, consult your health care provider and start taking anti-viral measures. There are many things you can do to recover more quickly. **Stay home to heal.**