

Simple things to prevent COVID-19 (coronavirus)

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- A. **Don't Panic!** Now more than ever is the time to be proactive for your health. Read on to learn how or ask me.
- B. **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**, often (esp. upon returning home from being in public and before you eat).
- C. **Social Distancing** - COVID-19 can also be picked up in public but does not travel far in the air. Staying 3 -6 feet away from others in public helps reduce risk.

WHAT CAN I DO NOW?

1. Be on the lookout for Flu like symptoms such as sudden fever (especially above 103 F), fatigue, dry cough, shortness of breath, head and body aches. It can mimic seasonal Flu and other viral infections like common colds.
2. **COVID- 19/coronavirus** is easily spread and virulent like Flu, *but it doesn't make most people severely sick*. 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 don't shake hands (elbow bump instead).
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 where infected people may be. 60% Alcohol based hand sanitizers also work if hand washing isn't available.
6. 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 for 14 days**.