

Helpful Tips to Avoid COVID19

They are beginning to understand the behavior of the virus based on numerous autopsies (Dr. Negreen)They know it obstructs the airways with a thick mucus substance that solidifies in lungs. Here are some Safe guard suggestions.

If you feel any type of sore throat immediately begin drinking warm things. You must also gargle as well as following the below measures. It lingers in the throat for three days before it moves to the lungs. They are finding that people who do these things only have mild cases.

- Drink lots of warm liquids -tea, broths, etc. Avoid drinking cold things.

Did you know it helps to sip warm water every 20 minutes. This washes any of the virus out of the mouth and into the stomach. The gastric juices in the stomach attack it and neutralize it before it can reach the lungs.

- Gargle with antiseptic or warm salt water. At least once a day or more. You can do lemon or vinegar too.
- It can linger on hair or clothes. So washing regularly after going out is important.
- Metallic surfaces can hold the virus up to 9 days. Try to avoid touching handrails, door handles etc.
- Don't smoke or VAP
- Washing hands with any soap that foams for 20 seconds. Making sure to Rinse well.
- Eat lots of fruits and veggies. Don't just boost your C levels but increase your zinc levels too.
- Animals do not spread the virus it is a person to person transmission.