



PROTECT YOURSELF

DURING THESE TIMES IT'S IMPORTANT TO KEEP YOURSELF PROTECTED, HERE ARE SOME TIPS TO KEEP YOU SAFE

1. Drink lots of warm liquids. Soups, teas, coffee etc. Take a sip of warm water every 20 minutes to wash any virus into your stomach where the gastric juices dissolve it before it can get to the lungs.
2. Gargle with an anti-septic and warm water like vinegar, salt, or lemon every day if possible.
3. The virus attaches itself to hair and clothes, detergent or soap kills it. You must take a bath or a shower when you get in from the street, avoid sitting down anywhere and go straight to the bathroom and shower. If you can not wash your clothes daily, hang your clothes in direct sunlight which also neutralizes the virus.
4. Wash metallic surfaces very carefully because the virus can remain on these surfaces for up to 9 days. Take note and be vigilant about touching handrails and door handles etc. In your own house as well make sure you are keeping them clean and washing regularly.
5. Don't smoke
6. Wash your hands every 20 minutes with warm water and soap for 20 seconds thoroughly.
7. Eat fruits and vegetables, try to elevate your zinc levels not just your vitamin C levels.
8. Animals do not spread the virus to people, it's person to person transmission.
9. Try to avoid getting the common flu because it weakens your system and avoid eating and drinking cold things.
10. If you feel any discomfort or soreness in your throat attack it immediately using the above methods. The virus enters the system this way and remains for 3-4 days in the throat before it passes into the lungs.