

# Tips to Prevent a Coronavirus Infection

1. Keep Hands Clean
  - Wash your hands with soap 10-20 seconds when you return home or encounter something or someone. (May Use Anti-Bacterial Soap).
  - Use disinfectant wipes that are Greater than 60% alcohol-based or Clorox wipes. Use to wipe handles and child seat, grocery carts, etc.
  - Keep a sanitizer at each of your home or office entrances and in your car. Use after getting gas or touching other contaminated objects.
2. Be Careful About What You Touch
  - *No Handshaking, Kissing or Hugging!* Use a fist bump or elbow bump.
  - Use *only* your knuckle to touch light switches, elevator buttons, etc. Open Doors with Your Closed Fist or Hip – Do Not Grasp the Door Handles or Gasoline Dispenser with Your Bare Hand. Use Latex or Nitrile Latex Disposable Gloves or Paper Towels.
3. Cough or Sneeze Into a Disposable Tissue and Discard. **Use Your Elbow Only If You Have To.** (*The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more.*)
4. Use disposable surgical masks to prevent you from touching your nose and/or mouth. (*This is the only way this virus can infect you – it is lung-specific. The mask won't prevent the virus if someone sneezes directly on you.*)
  - CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
  - Face masks should be used by persons showing symptoms of COVID-19 to help prevent the spread of the disease and by health workers and people caring for someone at home or in a health care facility.
5. Reduce or Eliminate Sugar and Dairy
6. Use A lot of Water Inside and Outside
7. Exercise – Moderate Exercise Stimulates the Immune System
8. Increase Vitamin C
9. Zinc (Proven effective in blocking coronavirus and most other viruses from multiplying in your throat and nasopharynx.) Take the equivalent of 30 mg each day when you begin to feel ANY “cold-like” symptoms. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. (Cold-Eeze lozenges is one brand available).
10. Avoid Close Contact with People Who Are Sick **AND Stay Home When You Are Sick.**