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### Recommendations to safeguard yourself from COVID19:

1. Drink lots of HOT liquids, ie. soups, coffee, teas, hot water, in addition, take a sip of hot water every 20 minutes because this keeps your mouth moist and washes any of the virus that has entered your mouth into the stomach and the gastric (stomach) juices will neutralize it before it can get to the lungs.
2. Gargle with an antiseptic in warm water such as like vinegar, salt, or lemon every day is possible.
3. The virus attaches itself to hair and clothes. Any detergent or soap kills the virus, but you must take a bath or a hot shower when you return home every day. Avoid sitting down anywhere and go straight to the bathroom or shower. If you cannot wash your clothes daily, hang them in direct sunlight which also neutralizes the virus.
4. Wash metallic surfaces very carefully, but the virus can remain viable on these surfaces for up to 9 days. Be cautious about touching handrails and doorknobs this includes doorknobs at home.
5. Don't smoke.

6. Wash your hands every 20 minutes using any soap that foams. Do this for 20 seconds and wash your hands thoroughly.

7. Eat fruits and vegetables. Also, try increasing Zinc levels and not just Vitamin C levels.

8. Animals DO NOT spread the virus. This is a person to person transmission.

9. Try to avoid getting the common flu, because this already weakens the system. Also, try to avoid eating and drinking cold things.

10. If you feel any discomfort in your throat or a sore throat coming on, attack it immediately using the above methods. The virus enters the system this way and remains for 3 or 4 days within the throat before it passes into the lungs.

Good Luck to everyone and please past this along. This is accredited by multiple sources.

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