

What you **need** to know about the Coronavirus

A coronavirus is a type of common virus that can infect your nose, sinuses, or upper throat. They can spread much like cold viruses. Almost everyone gets a coronavirus infection at least once in their life, most likely as a young child.

Health Tips:

To help strengthen your immune system to fight ALL infections:

- ***Keep your brain stem free of interference by regularly getting checked by Dr. Anderson!***
- Avoid sugar & dairy; these inhibit the immune system
- Wash your hands with soap & water for at least 20 seconds. If soap & water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid close contact with people who are coughing & sneezing
- Get plenty of rest
- Drink plenty of water throughout the day
- Clean & disinfect surfaces you frequently touch
 - Use cheap vodka (140 proof or higher) in lieu of chemical cleaners – there's no scent!
- Cover your mouth when you cough/sneeze with a tissue. Then throw away the tissue & wash your hands.
- Open the windows in your house whenever possible to get fresh air flow
- Spend time outside to get fresh air & sunlight (weather permitting)

COVID-19 respiratory symptoms usually start between 2 to 14 days after you get infected. They typically include:

- Fever
- Cough
- Runny nose
- Headache
- Sore throat
- Shortness of breath

If you experience these symptoms & are concerned, call to see Dr. Anderson right away

It's important that people don't panic ... utilize the same smart prevention techniques we should all be doing daily to maintain our overall health & wellness.