STAYING HEALTHY DURING COVID-19
SIGNS OF COVID-19

- Common signs
  - Persistent cough
  - Throat discomfort
  - Extreme fatigue
  - Fever
- Other Possible symptoms
  - Loss of taste & smell
  - Stomach upset
CENTER FOR DISEASE CONTROL

• Recommendations
  • Older adults with underlying illnesses should stay at home as much as possible
  • Stay away from other at least 6 feet
  • Avoid close contact with people who are sick
  • Remember that some people have no symptoms
  • Cover your face and mouth with a cloth (face mask)
  • Cover your mouth and nose when you sneeze
  • Throw tissues away
  • Wash your hands
  • Clean and disinfect your house often
HANDWASHING

• Proper Handwashing techniques
  • Wash for at least 20 seconds
  • Cover hand & wrist surfaces, including nails
• Much of the CDC recommendations are common sense. What we want to do today is add a few things that may not be common sense.
MASKS & GLOVES

• Purpose of Masks & Gloves:
  • Decrease exposure to virus & bacteria

• Proper handling of Masks:

• What to do with Gloves
IMMUNE BUILDING

• Vitamins
  • Vit. D. & Vit. C
  • Black Seed

• Water
  • Add lemon, garlic & honey
  • Ginger
  • Onions
  • Honey

Hot and cold treatments
(hot and cold showers)
IMMUNE BUILDING

• Sunshine

• Fresh Air

• Trust in God
IMPORTANCE OF DIET

• Eating fresh vegetables

• Avoid processed foods

• Avoid excess sugar and foods that suppress the immune system.

• Remember that the meat processing plant are experiencing an increase in the cases of COVID_19
Exercise is the biggest Immune buster
IMPORTANCE OF SLEEP

• 8-10 hours a night based on your base line.

• During sleep
  • Hormone regulation
  • Memory and improved brain function
  • Psychomotor function restored
  • The body and the brain are accomplishing quit a lot during sleep
  • Stabilizes mood
  • Heart Health
  • Immune system booster
  • Weight maintenance
QUESTIONS