

# PROTOCOL

## LIFESTYLE

### GET ENOUGH SLEEP



- > 7 HOURS PER NIGHT

### EXERCISE REGULARLY

- AIM FOR 30 MINUTES EVERY OTHER DAY



### IMPROVE YOUR AIR QUALITY

- VIRUSES DISLIKE HUMID AIR SO USE HUMIDIFIER
- HEPA FILTERS DECREASE THE NUMBER OF VIRUS PARTICLES IN THE AIR



### MEDITATE

- MAY SUPPORT IMMUNE SYSTEM



## HYGIENE

### HANDSHAKES ARE CANCELLED



- HANDSHAKING TRANSFERS 10X MORE GERMS THAN FIST-BUMPING
- EMBRACE THE POWER OF A GOOD HEAD NOD

### ELIMINATE FACE TOUCHING

- CORONAVIRUSES TYPICALLY LIVE FOR OVER A WEEK ON MANY SURFACES
- FINGERS TRANSFER THE VIRUS TO YOUR EYES, NOSE, OR MOUTH DOZENS OF TIMES PER HOUR



### TRIPLE YOUR HANDWASHING TIME

- ONLY 5% OF US WASH OUR HANDS WITH SOAP AND WATER FOR 20 SECONDS
- USE HAND SANITIZER WITH AT LEAST 60% ALCOHOL



### DISINFECT SURFACES

- USE DISINFECTANT SPRAYS INSTEAD OF WIPES, WHICH CAN SPREAD GERMS FROM ONE SURFACE TO ANOTHER
- LET THE SURFACE REMAIN WET FOR 3 MINUTES PRIOR TO DRYING



## PREPARATION

HAVE A TWO-WEEK SUPPLY OF ESSENTIAL ITEMS, INCLUDING:

### HOUSEHOLD SUPPLIES

- TOILET PAPER, SOAP, DETERGENT



### FOOD

- TRY FOR SHELF-STABLE PANTRY GOODS AND FREEZER-FRIENDLY ITEMS



### MEDICATIONS

- PRESCRIPTION & O.T.C.



## IMMUNITY SUPPORTS

### START NOW

### EAT YOUR FRUITS AND VEGETABLES



- EATING LEAFY GREENS AND FRUITS HIGH IN VITAMINS LIKE CITRUSES, BLACKBERRIES, AND KIWI PROVIDE YOUR BODY WITH ESSENTIAL VITAMINS AND MINERALS

### VITAMIN D3



- 1200 IU DAILY

### GET THE FLU SHOT



- TO AVOID CONFUSING SEASONAL FLU WITH COVID-19

### ZINC

- 80MG DAILY



### VITAMIN C

- 250MG TWICE DAILY



### BETA-GLUCAN

- 250MG DAILY



### ELDERBERRY

- SYRUP OR LOZENGES FOUR TIMES A DAY FOR 5 DAYS

### IF YOU'RE SICK