



Coronavirus and You

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Coronavirus is in the news everywhere and the world is panicking!!! What is a coronavirus anyway? Coronaviruses are viruses that infect animals but can change to be able to infect people and become a new human coronavirus. Symptoms include fever, chills, shortness of breath, fatigue. There are recent examples of this are the current 2019-nCoV (coronavirus) believed to have originated in Wuhan China with many cases of severe illnesses and deaths attributed to 2019-nCoV.

SOLUTION: Don't panic but be prepared to manage as you would the common cold and similar infectious viruses.

REFERENCE: The Holy Bible. Deuteronomy, Numbers and Leviticus are God's hygiene handbook for disease prevention and control.

Don't eat these foods. Wash your hands. Keep your bodily wastes separate from living/eating areas. Wash your hands before you eat. **QUARANTINE.** This means if you are sick, you stay away from others. You can return to society only after a specific time (that you do not control) when you are declared clean.

Natural Ways to DEAL WITH SYMPTOMS AND AVOID SPREADING DISEASE

- Keep your immune system strong with fruits, vegetables, other favorite plants and minimally processed natural foods. Immune boosting foods include: citrus fruits, broccoli, apples, garlic, ginger, red bell peppers, spinach, yogurt, almonds, herbal teas
- Avoid junk food as the artificial ingredients reduce the ability of immune cells to kill viruses and bacteria.
- **STAY HOME** if you are sick- Quarantine yourself **AND** your children so you do not spread the virus
- Avoid people who are sick.
 - If you are the caregiver, wash hands often, keep them moisturized, wear a face mask, and use gloves when cleaning body fluids.
 - Will a face mask stop airborne spray of germs when someone sneezes or coughs in the open air without covering it
 - Regular face masks from dollar stores are only effective against large particle sprays
 - Only a N95 or NIOSH face mask can also protect against tiny airborne particles
- Keep your hands away from your face
- Wash your hands often for at least 20 seconds using **WARM** water and regular **SOAP**.
 - If no water is available, use alcohol based hand sanitizers containing **at least 70% alcohol**. Any less percentage is **NOT** effective. Rub hands vigorously.
 - Keep hands moisturized to avoid breaks in skin with unscented products
- **WASH YOUR REUSABLE GROCERY BAGS!**
- Drink plenty of fluids. Drink plenty of fluids. Drink plenty of water.
- Avoid coffee, caffeinated tea (green and black teas) and sodas so you are not further dehydrated
- Get adequate rest. **REST. REST. Got to sleep. REST.**
- Treat the symptoms with anti-inflammatory medications such as ibuprofen or acetaminophen.
- Thyme herb makes a great decongestant tea that works quickly (1 TSP in 6-8 oz hot water + honey)
- Disinfect common use surfaces such as countertops, bathrooms doorknobs, computer keyboards, TV remote controls, mobile phones, computer tablets, using simple inexpensive natural disinfectants such as white vinegar (best in kitchen), hydrogen peroxide, 70% alcohol (general cleaning for door handles, etc.) in a spray misting bottle
- Consume herbs with scientifically proven effectiveness with strengthening the immune system to reduce the symptoms of viruses. These include some of my favorites: elderberry, zinc, and hyssop. Sambucol elderberry and various brand of zinc lozenges can be found at Wal-Mart, Target, pharmacies, natural food stores and some discount stores. For sore throats, Jennie's Gargle Away has a wonderful

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natural gargle for adults and spray for children. Zarbee's have great tasting children and adult immune boosting drinks, decongestants (ivy leaf) found in most groceries, pharmacies and general discount stores.

Do face masks help stop spread of disease? 

Surgical face masks are great to protect you from spreading airborne germs if you are sick as well as reducing your exposure to the airborne germs of others. Even a simple one will help you remember to NOT TOUCH YOUR FACE. It is important to use face Masks certified by the National Institute for Occupational Safety and Health (NIOSH). Masks that aren't NIOSH-certified may not provide good protection and serve best only as a reminder to not touch your face throughout the day. An N95 rated mask will filter out 95% of most airborne particles. Use a disposable face mask only ONE TIME- the outside is contaminated. After removal, wash your hands or use alcohol-based hand sanitizer and put on another one. The San Francisco health department has a great information on proper mask use to prevent the spread of disease <https://www.sfgcdcp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

S O E Z H S E F J H N W Q S N
 T U B I N S A Y G C O A E E R
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FIND ME

ALCOHOL	APPLES
CHILLS	CONGESTION
CORONAVIRUS	COVER
COVER COUGH	DISINFECT
DISPOSABLE	ELDERBERRY
FACE MASK	GARGLE AWAY
NIOSH	NO TOUCH
QUARANTINE	REST
SANITIZER	SLEEP
SNEEZE	SNIC KIT
SORE THROAT	THYME
VIRUS	WASH HANDS
ZARBEES	ZINC

TBT SHOPPING TIP Buying canned fruits.

- Buy fruit in 100% juice
- 2nd choice is fruit in light syrup
- AVOID “No Sugar Added” or “Artificially sweetened” or Artificially Colored?
- Only buy unsweetened applesauce. Original contains high fructose corn syrup

Do you need a SNIC Kit? See an usher (SNIC Kit is the original idea Y. Renee Lea-Curie, 2014)

SNIC = Someone Needs Infection Control©

S.N.I.C. Kit Level 1: 1 Pack Facial Tissue, 1 Hand sanitizing wipe, 1 Zipper bag for used tissues

S.N.I.C. Kit Level 2: 2 Packs Facial Tissue, 2 Hand sanitizing wipes, 2 Zipper bags for used tissues

S.N.I.C. Kit Level 3: 2 Packs Facial Tissue, 2 Hand sanitizing wipes, 2 Zipper bags for used tissues, 1 face mask

DISCLAIMER: The information contained is not intended or implied to be a substitute for professional medical care, diagnosis or treatment. Do not disregard professional medical advice or delay seeking emergency medical treatment if needed.

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