

Protocols for preventing viral or any infection.

Wash your hands thoroughly with soap and hot water for 20 seconds.

Be careful not to recontaminate hands with the part of the faucet touched by dirty hands or towels that have not been recently laundered.

A virus can live on your hands for 5-10 minutes - but a lot can happen during that time
If you don't have sanitizer, washing your hands in hot water and soap is just as effective.

Touching the face, ears, nose, mouth, or eyes introduces the virus into the body.

In the case of Covid 19 the eyes are the most susceptible: an effective way to transmit the virus to the rest of the body.

A non-scientific study showed one person who had just been told to avoid touching his face was observed doing so about 26 times without realizing it! Its compulsive, we all do it but we must train ourselves not to.

What can I do before going out in public?

Use saline nasal spray to moisten the nasal passages: this helps prevent the virus from becoming established in the nasal passages and reproducing.

Avoid crowds, gatherings, even church if you are immune-compromised or a senior.

Social-distancing. Here's a new word for your vocabulary. This is a very effective way to curtail the spread of COVID 19 and other germs. Don't shake hands, hug or kiss and keep a 6-foot radius from others.

What can I do when I return from being out in public places?

Wash your hands thoroughly with soap and hot water

Gargling with warm salt water is really helpful.

Disinfectant your cell phone; it's like a petri dish of incubating germs which we put to our ear, our face, and it contaminates our hands.

Money is also a carrier of disease. Think of how many people handle notes and coins. Just washed your hands? They can be contaminated in an instant by what you touch!!

Hydration: It is vitally importance to stay hydrated - drink water (clean/purified water) *(remember alcohol, coffee, black tea, soda - are beverages that dehydrate the body)*
There are many other benefits to staying hydrated but in this case they help the body to flush out toxins, absorb nutrients, and help the immune system to function effectively.
How much water? Your urine should be clear, with no color - if so, your hydrated!!

What can we do about droplet infection - masks, respirators, or none?

If you have a viral or bacterial infection with coughing and sneezing you need to wear a mask to avoid infecting others.

In general, wearing a mask if you are healthy is a bad idea. Masks can collect viral and bacterial droplets - then if your mask is removed without properly gloving yourself prior to removal of the mask you simply transfer the germs to your own hand and you are at risk of infecting yourself.

A N95 rated mask is the only mask that will prevent you from inhaling spewed virus or bacterial laden droplets. It too must be removed properly with a gloved hand and then you must immediately wash your hands or use hand sanitizer.

COVID 19 is easily transmissible and can survive on surfaces for up to 72 hours,
Cleaning work surfaces: Disinfectants: Clorox, Lysol, Hydrogen Peroxide and a ammonia solution can be used to disinfect work surfaces, door handles. etc
These can be used against various pathogens, including bacteria and viruses.
Just remember that a bacterial pathogen is different from a viral pathogen, and the coronavirus is a virus—not bacteria.

Following is a recipe to make your own hand sanitizer:

2/3 cup of 91% alcohol

1/4 cup aloe vera gel –

Optional: add a few drops of your favorite essential oil (like lavender);
mix and place in a container.

Emotional component: Fear, panic, anxiety, stress all impact the effectiveness of the immune system. Reduce stress!!! Go for a walk, turn off the news networks.

Supplements:

Vitamin C, D, Astragalus. Zinc is toxic to the Coronavirus (carry a zinc lozenge just in case you infect yourself or you have been contaminated by someone else, but do not exceed the prescribed amount)

The “New England Journal of Medicine” in a recent edition recommended N-Acetyl cysteine (NAC) If you think you have or do have Coronavirus use NAC as prescribed on the label.

(these supplements are easy to find and are really very cheap)

Caution with supplements: *If you are taking prescription medications, check with your health provider first, to ensure there are no contraindications. Supplements may help and won't hurt as long as you take them as directed and don't double or triple your dosage. Some taken to excess can be harmful - use as directed.*

Up to this point we have dealt with protecting yourself from infection. In this next short section we cover what you can do to boost your body's defenses should your outer defenses be breached. Let's Boost the immune system. In short, it's the Adventist Health message - surprise!!

The NEWSTART acronym is a great place to start when it comes to this:

Every protocol I have read regarding COVID 19 mentions eating a balanced diet.

Nutrition - eat lots of antioxidant-rich fruits and vegetables (see more tips below)

Exercise - exercise outside in the fresh air and sunshine boosts immune function

(try this breathing exercise: breath in to the count of 4, hold for 7, breath out to the count of 9)

Water - see notes on hydration on the previous page

Sunshine - sunlight kills germs, including viruses

Temperance - moderation in all things, more is not always better

Air - fresh air outside, weather permitting. Open your windows every day for 10 minutes

Rest - get your sleep, enjoy the Sabbath rest, relax - go for a walk in the country

Trust in God - de-stress, take time to pray, memorize some precious promises from God's word. This would be a great opportunity for spiritual revival

Cruciferous vegetables: kale, broccoli, Brussels sprouts, spinach, etc

Fruit: berries plums; wash all your fruits and vegetables.

Use fresh garlic in cooked and uncooked food

Cut back on free oils

Cut out sugar and junk food, it reduces the ability of the immune system to work effectively.

Don't eat uncooked flesh foods

(alcohol reduces immune function and replicates the virus;

tobacco also reduces immune function)

(Dairy products stimulate the production of mucus which causes congestion)

Information on hydrotherapy treatments are available upon request

This information is not intended to be used as medical advice or for diagnosis.

Good Health

Pastor Christopher Barr

