




CORONAVIRUS OR SOMETHING ELSE?

COLD OR ALLERGIES:	FLU OR CORONAVIRUS:
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> ITCHY EYES <input checked="" type="checkbox"/> STUFFY NOSE <input checked="" type="checkbox"/> SNEEZING 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> FEVER <input checked="" type="checkbox"/> FATIGUE <input checked="" type="checkbox"/> BODY ACHES <input checked="" type="checkbox"/> COUGH <input checked="" type="checkbox"/> WORSENING SYMPTOMS
	
<p>CORONAVIRUS:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> SHORTNESS OF BREATH <input checked="" type="checkbox"/> HISTORY OF TRAVEL <input checked="" type="checkbox"/> EXPOSURE 	
<p><small>SYMPTOMS AND RISKS VARY FROM PERSON TO PERSON. ALWAYS CHECK WITH YOUR DOCTOR. Sources: CDC, Mayo Clinic</small></p>	

<p>Common signs of allergies include:</p> <p>People sometimes call allergies "hay fever," but allergic rhinitis never causes a fever.</p>	<p>Signs of viral infections, Influenza and COVID-19, include:</p> <p>Influenza: onset of symptoms within 24 hours of sick contact</p> <p>COVID-19: onset of symptoms within 5-6 days</p>
<ul style="list-style-type: none"> • Runny nose • Dry, tickly cough • Itchy or watery eyes • Congestion • Mucus in the back of the throat • Asthma symptoms = cough, chest tightness • Lose sense of smell/taste 	<ul style="list-style-type: none"> • Fever • Dry cough • Trouble breathing • Body aches • Very sore throat • Fatigue that comes on quickly • Gastrointestinal problems like nausea or diarrhea • Altered sense of smell and taste with COVID-19

When to get help:

Persistent congestion/inflammation leading to cough, headaches, trouble breathing, or signs of a bacterial infection- discolored mucus, fever, pain

Start experiencing daytime sleepiness, fatigue worsens

OTC medications/supplements are not controlling your symptoms or are causing other problems/side effects, such as interfering with sleep (decongestants), drowsiness (histamine blockers)



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An ounce of prevention...

God doesn't give us what we can handle.

God helps us handle what we are given

Phillippians 4:19; Matthew 6:31-32



➤ Create a sense of structure and routine in daily life	➤ Connect socially with friends and family, while maintaining physical distance
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Eat healthy foods	Stay physically active	Get regular sleep and rest	Supplements
<p>Vegetables and fruits+/- isolated Flavonoids:</p> <p>Many flavonoids have been found to reduce inflammation myricetin found in tomatoes, oranges, nuts, and berries _apigenin (found in Matricari arecutita - Chamomile), parsley and celery. Dihydroquercetin and quercetin found in onions and apples.</p>	<p>Walking outside for 20 minutes</p> <p>Treadmill</p> <p>Biking</p>	<p>Meditation apps</p> <p>Melatonin</p> <p>1st generation histamine blockers: chlorpheniramine</p> <p>Diphenhydramine</p> <p>(check with your doctor)</p>	<p>N Acetyl Cysteine</p> <p>Luteolin (PureLut)</p> <p>Quercetin</p> <p>Green Tea</p> <p>Oral Zinc supplements</p> <p>Vitamin C</p> <p>Just because it's natural does not mean it is safe for you- please check with your doctor</p>



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OTC preventive remedies

- Washing hands and face, but remember to moisturize afterwards
- Sinus Steamer
- Saline Rinse for the Nose and Sinuses
 - **Saline Rinse Recipe** Ingredients
 1. Pickling or canning salt-containing no iodide, anti-caking agents or preservatives (these can be irritating to the nasal lining)
 2. Baking soda
 3. 8 ounces (1 cup) of lukewarm distilled or boiled water
 - For gastrointestinal symptoms – Pepto-Bismol, take as directed (please check with your practitioner)
 - For fever, body aches – acetaminophen (Tylenol) only

For 'allergies', 'hayfever' symptoms, these medications are available OTC/by prescription

1/ the intranasal steroid: Nasonex, Nasacort, Flonase, Rhinocort
(Be aware that these medications take at least 6 days of daily to start working)

2/ oral anti-histamines
less sedating: Allegra, Claritin, Xyzal, Zyrtec;
more sedating, take at night: Chlorpheniramine (Chlor-trimeton),
Diphenhydramine (Benadryl) for e.g.

3/ nasal steroid/histamine – Dymista

4/ congestions/ expectorant_guaifenesin (Mucinex) with 4-6 oz water
(Do not use decongestants unless your doctor agrees- raises blood pressure, interferes with sleep, causes constipation)

Medications for your eyes

For watery, itchy eyes: Zaditor, Visine Allergy

Seek help from your health care practitioner:

For suspected viral infections: if your symptoms progress/get worse: unable to drink, cannot keep fluids down, increased weakness, difficulty breathing, or not well controlled fever.

For 'allergies', if your symptoms are not well controlled or get worse (congestion, breathing difficulties (sinuses= congestion/snoring) or lungs – wheezing, cough, trouble taking a deep breath, breathing while walking/climbing stairs.



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Here is some information about COVID-19 from Johns Hopkins Hospital that you may find helpful.

- The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes its genetic code (mutation) and converts it into an aggressor, which multiplies.
- Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it resides.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam cuts through the fat. This is why you rubbing for 20 seconds or more and producing foam helps break down the virus.
- Heat melts the fatty protective layer. This this is why it is good to use water above 77 degrees fahrenheit when washing hands, clothes and other things that can have contact with your skin. In addition, hot water makes more foam, which makes washing of your hands more useful in dissolving the virus.
- Alcohol or any mixture with alcohol over 65% dissolves the fatty protection.
- Any mixture of one part bleach and five parts water directly dissolves the protein, which breaks down the virus from the inside.
- Peroxide dissolves the protein, but you have to use it pure, which can irritate your skin.
- Bactericide and antibiotics do not kill the virus. The virus is not a living organism like bacteria; therefore antibodies cannot kill what is not alive.
- Never shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is inert and disintegrates in 3 hours (fabric), 4 hours (copper and wood), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake cloth that contains the virus or use a feather duster, the virus molecules float in the air for up to three hours, and can lodge in your nose.
- The virus molecules remain very stable in external cold or artificial cold (e.g., air conditioners in houses or cars).
- COVID-19 needs moisture and darkness to stay stable, Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- UV light on any object where COVID-19 resides breaks it down.
- The virus cannot go through healthy skin.
- Vinegar is not useful because it does not break down the COVID-19's protective layer of fat.
- Most spirits (e.g., Vodka) do not break down the protective layer. Vodka is usually 40% alcohol, and 65% is needed to break down the protective layer.
- The more confined the space, the more concentrated the virus. The more open or naturally ventilated, the less the virus is concentrated.
- You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc.
- Moisturize dry hands that can results from increased washing because the molecules can hide in the micro skin cracks. The thicker the moisturizer, the better.
- Keep your nails short so that the virus does not imbed itself under your nails.