

Everyone is telling you how to NOT catch coronavirus, but NO ONE is saying what to do if you get it. Thanks to this nurse in the UK for putting this guide together:

Some sensible advice. From a GP Nurse in the UK

What I have seen a lot of are recommendations for how to try to avoid getting coronavirus in the first place:

- good hand washing
- personal hygiene
- social distancing

but what I have NOT seen a lot of is advice for what happens if you actually get it, which many of us will.

If you get Covid-19

You basically just want to prepare as though you know you're going to get a nasty respiratory bug, like bronchitis or pneumonia. You just have the foresight to know it might come your way!

Things to start doing now:

1. Get 20 minutes sun on your entire body (or as much as possible) every day. This will dramatically increase your Vitamin D levels, which improves your immune system.

2. If affordable take a good general supplement, plus 2000mg Vit C a day. Include ZINC, SELENIUM & GLUTATHIONE.

3. Scott's Emulsion is a great general tonic (cod liver oil)

4. Things you should actually buy ahead of time:

- Kleenex

- Paracetamol

5. Cough medicine of choice (check the label and make sure you're not doubling up on Paracetamol)

Zinc lozenges e5V\?

6. Throat spray like Andolex or TCP, Andolex TCP

7. Honey and lemon can work just as well!

8. Vicks vaporub for your chest is also a great suggestion.

9. A humidifier would be a good thing to buy and use in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam)

10. If you have a history of asthma and you have a prescription inhaler, make sure the one you have isn't expired and refill it/get a new one if necessary.

11. Meals This is also a good time to meal prep: make a big batch of your favorite soup to freeze and have on hand.

12. Hydrate hydrate, hydrate! Stock up on whatever your favorite clear fluids are to drink, though tap water is fine you may appreciate some variety!

13. For symptom management and a fever over 38°C take Paracetamol rather than Ibuprofen.

14. Rest lots You should not be leaving your house! Even if you are feeling better you may still be infectious for fourteen days and older people and those with existing health conditions should be avoided!

15. Wear gloves and a mask to avoid contaminating others in your house.

16. Isolate in your bedroom if not living alone, ask friends and family to leave supplies outside to avoid contact.

17. Sanitize your bed linen and clothes frequently by washing and clean your bathroom with recommended sanitizers.

18. You DO NOT NEED TO GO TO THE HOSPITAL unless you are having trouble breathing or your fever is very high (over 39°C) and unmanaged with meds.

19. 90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds.

20.If you are worried or in distress or feel your symptoms are getting worse:

21.Pre-existing risks If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants, now is a great time to talk to your Doctor or specialist about what they would like you to do if you get sick.

22.Children One major relief to you parents is that kids do VERY well with coronavirus, they usually bounce back in a few days (but they will still be infectious) Just use pediatric dosing .

23.Be calm and prepare rationally and everything will be fine. This is to inform us all that the pH for corona virus varies from 5.5 to 8.5.

24.All we need to do, to beat corona virus, we need to take more of an alkaline foods that are above the above pH level of the Virus.

Some of which are:

25. Lemon - 9.9pH
 Lime - 8.2pH
 Avocado - 15.6pH
 Mango - 8.7pH
 Tangerine - 8.5pH
 Pineapple - 12.7pH
 Dandelion - 22.7pH
 Orange - 9.2pH

26.How do you know you have coronavirus?

-Itching in the throat

-Dry throat

-Dry cough

-High temperature

-Shortness of breath

-Loss of sense of taste & smell

- Covid toes - toes turning blue/black Covid

So where you notice these things quickly take warm water with lemon and drink.