



FIRST HOPE

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WHAT IS CORONA VIRUS OR COVID-19/TREATMENT

Coronavirus is one of many viruses that causes the common cold that often causes mild symptoms with rarely any mortality unless immunocompromised/even then with very low rates, signs includes fever, cough, shortness of breath and breathing difficulties, in most severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

STANDARD RECOMMENDATIONS TO PREVENT SPREAD INCLUDE:

- Regular hand washing, covering mouth and nose when coughing and sneezing
- Thorough cooking meat and eggs.
- Avoid close contact with anyone showing symptoms' of respiratory illness such as coughing and sneezing.
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid sharing eating utensils or having close contact with people who are sick.
- Stay at home if sick.

The new NCP coronavirus may not show sign of infection for many days, how can one know if he/she is infected. By the time they have fever and/or cough and goes to the hospital, the lungs is usually 50% Fibrosis and it's too late!

Taiwan experts provide a simple self-check that we can do every morning.

- Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stuffiness or tightness, etc., it proves there is no fibrosis in the lungs, basically indicating no infection.
- In critical times, please self-check every morning in an environment with clean air.

Serious Excellent Advice by: Japanese Doctors treating COVID-19 cases:

- Everyone should ensure your mouth and throat is moist, never DRY.
- Take a few sips of water every 15 mins at least. WHY?
- Even if the virus gets into your mouth.... Drinking water or other liquids will WASH them down through your esophagus into the stomach. Once there in tummy ... your stomach ACID will kill all the virus.
- If you don't drink enough water more regularly – the virtue can enter your windpipes and into the LUNGS. That's very dangerous.

Be safe, take necessary precaution !!!.

Thanks: First Hope Home Health Care Agency.