

AS RECEIVED: 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 & 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 oesophagus and into the stomach. Once there in turn my...your stomach ACID will kill all the virus. If you don't drink enough water more regularly...the virus can enter your windpipes and into the LUNGS. That's very dangerous.

Pls send and share with family, friends and everyone about this! Take care everyone n may the world recovers from corona virus soon. May all be well n happy