

Anti-COVID-19

- ❑ Before any immune medication invented:
 - Don't panic. Buy things as you need.
 - Understand it. Talk to your doctors.

- But here are some tips summarized from my Chinese friends for people overseas:

- Again, Chinese solutions to anti-COVID-19 may not be applied to any other country.

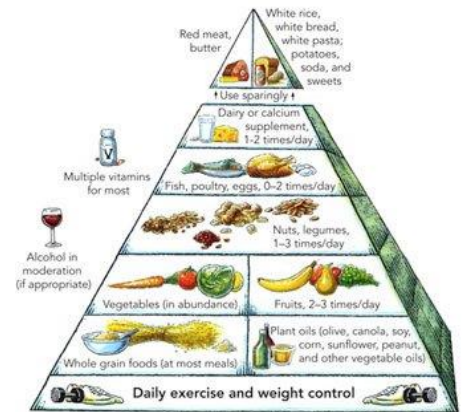


Image from Chinese relatives

- The current lowest cost is to kill any virus **outside**:
 - ❖ Clean your places
 - wipe the ground with Lysol/bleach mixed water
 - or vacuum dusk if you have carpets
 - exchange air filters if possible
 - ❖ Clean your hands with soap properly
 - ❖ Clean your nose with clean hands
- The long-run strategy is to stay healthy **inside**:
 - ❖ Enhance your immune system
 - Proper exercises such as walking/jogging/running etc. helps with your heart and lung function
 - Proper diet and enough sleep/rest
 - Drink enough water from dehydration

Note:

- Don't let the bleach contact your skin or inner clothes.
- You might get burnt.
- Also keep it away from kids.



*Images from online search by google
Ask your doctors for professional advices*

- Chinese unofficial methods, ask any Chinese friends if you have questions as below,
 - ❖ When you first feel cold all over body: Drink “Ginger Brown Sugar Soup”

Ginger



Boiling water together



Only drink the Soup

- ❖ Drink some tea: **Drinking can reduce the possibilities of the virus into your trachea and then to your lung.**