Anti-COVID-19

❖ Virus itself doesn't have life.
❖ When it goes into your body and reproduce itself by hurting your organs.
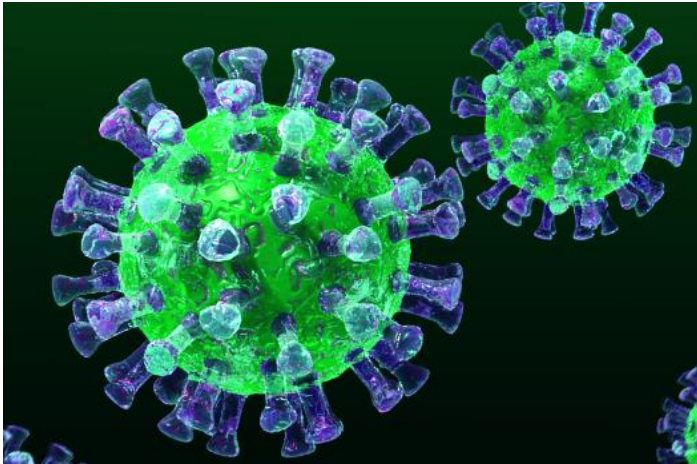
Avoid-virus Entering into your body!

- The first coronavirus of human origin, B814, was described in 1965[1].

- They separated it from patient's snot and targeted it as the main reason as catching a cold.

COVID-19 image from wiki

❖ The lowest cost is to kill it outside your body by blocking its entrance into your body:
  ➢ DON'T put it into your nose
  ➢ DON'T eat it with your mouse
  ➢ DON'T touch it with contacts to your eyes
❖ You can kill it by using any sanitizer and keeping healthy of yourself:
  ➢ Wipe the ground, your car, table off the dusks
  ➢ Wash your hands with soap
  ➢ Wash your nose with soap only after your probably washed your hands
  ➢ Avoid shaking hands by following with touching people's face
  ➢ Be healthy with high immune system is the best protection (drinking water, nice diet and enough sleep, etc.)
❖ Call doctor if you don't feel comfortable.

Anti-Dust breathing

- Put Lysol or general bleach into water when wiping the ground, especially your bedroom, living room and so on.
- Note the places such as under the furniture or bed can cost dust breathing.

- You can shake hands. But don't touch your face right after that.

[1] Coronaviruses. Nature, JD Almeida, DM Berry, CH Cunningham 1968, 220: 650