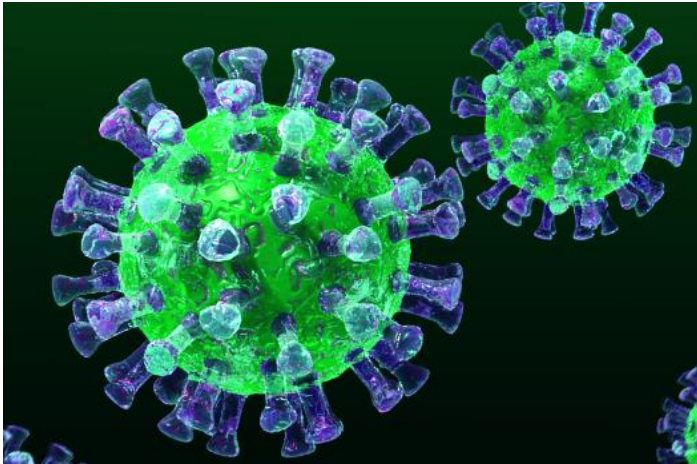


Anti-COVID-19

- 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

❖ 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 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.

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.

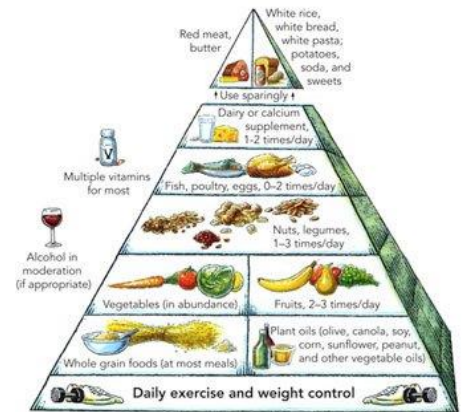


Image from Chinese relatives

- 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”



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.**

Anti-COVID-19

1. Call & Listen to Mom: ☺



Someone's mom:

March 16 7:20 PM

目前这种疫情持续期间，一定要注意自己身体，还要保持微笑☺对待一切事物的发生，要相互理解包容，遇事冷静让心沉下来，不要激动，一定要换位思考一下，过后一令儿就没事了。✌️🌸🧑



During current situation with COVID-19, one must

- ☐ keep healthy,
- ☐ keep smiling, ☺
- ☐ understand the others and embrace your own life,
- ☐ keep calm,
- ☐ stand with people in their situations,
- ☐ because everything will be fine after a while.

2. Embrace your own life:

Amos 5:14 Seek good, and not evil, that ye may live: and so the LORD, the God of hosts, shall be with you, as ye have spoken.

3. Seek changes through challenges:

Time	What	How	Why
9 – 10 am	Morning exercises	<ul style="list-style-type: none">• Slowly warm up your body,• stretch gently, etc.	<ul style="list-style-type: none">• Keep fit• Feel the ground
10– 11 am	Go to supermarket One hour later for the senior and the weak	If the young and the strongest can Please consider the senior and the weak 	The first-hour shopping offers the highest anti-virus environment and what they need 
11– 12 am	Prepare lunch	Either cook or order <ul style="list-style-type: none">• Try some new things• Do healthy combination cooking	<ul style="list-style-type: none">• Feel home• Healthy Eater• Give supports to restaurants/Caffe
12 – 1 noon	Lunch break	Enjoy your food with family	Someone else can help with cleaning up
1 – 5 pm	Work-ForHome/ Study-AtHome	Finish your work at home	<ul style="list-style-type: none">• Keep working and learning• Stay calm
5 – 10 pm	Dinner Time/ Talk Time	<ul style="list-style-type: none">• Prepare dinner or order• Call friends/family• Talk time/Online Group• Read books/continue working• Good sleep	<ul style="list-style-type: none">• Though you are staying at home, you still can text people, post news, reply emails and call your friends/family to ask how are they doing.• You will feel cured after talking to someone else.• A good sleep is very helpful.

