

Subject: Excellent Coronavirus Guidelines

Coronavirus Health Advice - James Robb, MD FCAP
3-5-20

THE SYMPTOMS of COVID-19:

1. The virus will first infect the throat, so you'll have a sore throat lasting 3-4 days
2. The virus then blends into a nasal fluid that enters the throat and then the lungs, causing pneumonia. This may last about 5-6 days.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal congestion, it is more intense, you'll feel like you're drowning gasping for air. It's imperative you seek immediate attention if you have difficulty breathing.

COVID-19 SYMPTOMS GENERALLY DO NOT INCLUDE:

1. A runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 78-80 degrees. It hates the sun.
4. If someone has the coronavirus and sneezes, droplets from the sneeze travel about 10 feet before they drop to the ground and are no longer airborne.
5. If particles from a sneeze land on a metal surface the virus can survive for up to 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric the virus can survive for 6-12 hours. Normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

PRECAUTIONS:

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.

6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

8) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.