

PREVENTATIVE MEASURES FOR COVID-19 INFECTION

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1. No need to use exam gloves, surgical masks, dubious supplements, or deceptive disinfectants, unless you are sick or taking care of a sick family member or friend.
2. Don't panic. There is no need to let fear and emotion drive your response to this virus. The most important thing is to remain calm.
3. Wash your hands regularly. Wash your hand with soap and water for at least 20 seconds before eating, after blowing your nose or sneezing, coughing, or going to the bathroom.
4. Cover your nose and mouth when you sneeze (not with your hands)
5. When you're sick, stay home from work or school
6. Drink lots of fluids (no alcohol or caffeine drinks)
7. Don't touch your eyes, nose or mouth.
8. Frequently clean objects and surfaces you touch often.
9. Don't wear a surgical mask if you're not sick.
10. Keep your distance from people who are sick.
11. Don't believe everything you hear or read on the COVID-19. There is a lot of misinformation circulating around about this virus ("infodemic), which can be more dangerous than the disease itself.
12. Hoaxes, lies, and junk science have swirled around on social media since the beginning of this COVID epidemic.
13. **Do whatever you can to keep your immune system strong, by adopting a healthy lifestyle:**
 - a. **Get plenty of sleep every night, or every day if you work a night or graveyard shift. This means about 7-8 hours per night (adolescents need more sleep)**
 - b. **Drink plenty of water or unsweetened fruit juice (water is best). Avoid sodas, caffeine beverages, and alcoholic beverages.**
 - c. **Get adequate aerobic exercise every day ("burst exercises for 20-30 seconds, followed by 1-2 minutes of active rest, for about 20 minutes, 3-5 days per week)**
 - d. **Very important to not use tobacco in any form, and no vaping.**
 - e. **Adopt a healthy diet, avoiding any fad diets. Many athletes, fire fighters, police and others have found a plant-based diet is the best. (a good book is "The Full Plate Diet"). Go for a "colorful diet," vegetables, legumes, fruits, nuts, and whole grains. Avoid over-cooking your food.**
 - f. **Avoid excessive sugar, salt, fatty foods, too much oil and grease.**
 - g. **When buying food, check the labels: if you can't pronounce the names of some of the ingredients, avoid purchasing that product. Grow your own food whenever possible.**
 - h. **Avoid unnecessary medications, avoid antibiotics unless absolutely necessary.**
 - i. **Try to spend one day a week resting, and recharging your spiritual batteries, develop a compassionate helpful attitude toward others, volunteer to help others wherever possible.**