

# CORONAVIRUS

WHAT YOU NEED TO KNOW

## Precautions to Follow



Get plenty of consistent rest



Wash hands, keep them away from face



Minimize non-essential outings



Postpone nonessential travel



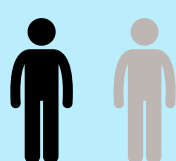
Wear a face covering when not able to socially distance

## CORONAVIRUS VS. INFLUENZA

### R0 number

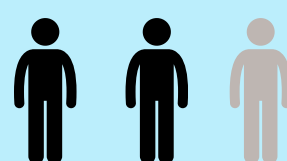
An estimate of the number of people who will be infected by someone with the disease

### Flu



1.3

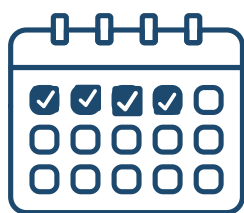
### COVID-19



2-2.5<sup>[1]</sup>

### Incubation period

The time it takes to develop symptoms



1-4 days



1-14 days<sup>[1]</sup>

### Cases in the US

As of July 6th

Approx. 35 million<sup>[2]</sup>  
\*annually

2.99 million<sup>[3]</sup>

### Maximum Immune Support

#### Vitamin D

5,000 IU daily

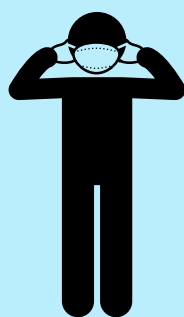
#### Astragalus

1 gram daily

#### Umcka

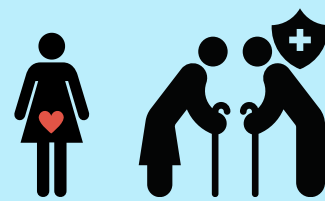
1.5 mL 3x daily

#### Oscillococcinum



### Who's most at risk

- Elderly
- Immune-compromised
- People with underlying health problems<sup>[4]</sup>



Disinfect surfaces using >60% alcohol wipes or solution<sup>[4]</sup>

### Most common symptoms are<sup>[5]</sup>

#### Fever

98% of patients

#### Cough

75% of patients

#### Fatigue

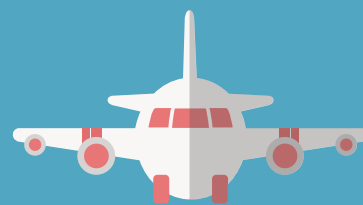
44% of patients



## TRAVELING

CDC Travel Health Notices - Updates at [cdc.gov](https://www.cdc.gov)

**Postpone international travel.** The EU is restricting travel from the U.S., as are several other countries in an effort to reduce transmission.



**Wearing a mask** reduces the amount of airborne particles which can potentially transmit illness.

If traveling by car, carry face coverings, and hand sanitizer. **Socially distance** as much as possible with those outside your household.



**Make yourself aware of restrictions** currently in place at your destination. Face coverings, limited seating, and restricted movement are mandatory in a growing number of counties and states.

4. [https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)

5. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

1. <https://www.ncbi.nlm.nih.gov/books/NBK554776/>  
2. <https://www.cdc.gov/flu/about/burden/index.html>  
3. <https://www.worldometers.info/coronavirus/>