

# CORONAVIRUS

WHAT YOU NEED TO KNOW

## Precautions to Follow



Get plenty of consistent rest.



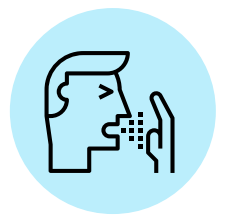
Wash hands, keep them away from face.



Stay home if you're sick.



Avoid travel to restricted regions.



Take care to cover coughs and sneezes.

## CORONAVIRUS VS. INFLUENZA

### COVID-19 in the U.S.\*

99 cases diagnosed  
11 deaths  
3 critically ill patients\*\*

\*as of March 5

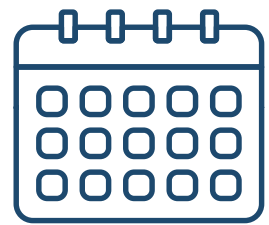
\*\*underlying health complications

### Flu in the U.S. annually<sup>[1]</sup>

At least 29 million ill patients  
At least 280,000 hospitalizations  
At least 16,000 deaths

## Incubation period: 2-10 days<sup>[2]</sup>

The time it takes to develop symptoms



## 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



Children, elderly, or immune-compromised individuals<sup>[3]</sup>

**Disinfect surfaces using >60% alcohol wipes or solution<sup>[2]</sup>**

## Most common symptoms are<sup>[3]</sup>

### Fever

98% of patients

### Cough

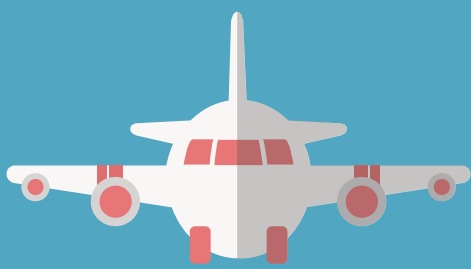
75% of patients

### Fatigue

44% of patients



## IF YOU'RE TRAVELING



Avoid restricted regions and be aware of travel advisories from the CDC.

Currently at Warning level 3 - Avoid nonessential travel to:

Italy

Iran

China

South Korea



1. <https://www.cdc.gov/flu/weekly/index.htm>

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

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