

CORONAVIRUS: TIME TO PUT PANIC INTO PERSPECTIVE

1 WHAT IS IT

Coronaviruses are a common, large group of viruses that causes symptoms of the common cold. This type of virus was originally identified in 1960. Almost everyone gets a coronavirus once in their life. In fact, I take care of dozens of children per week with a form of coronavirus. A *novel* coronavirus means it is a *new* strain of coronavirus that has not been previously identified. And because it is a new strain (COVID-19), our bodies haven't had the opportunity to produce antibodies against it. Much like the new types of flu that circulate from time to time (Avian flu, H1N1)

2 SPEAKING OF THE FLU

Coronavirus is loved by the media. But guess what? The Flu is deadlier. In the US ALONE, we have had 18 MILLION cases of the flu, 180,000 hospitalizations, and 10,000 deaths including 68 children. With Novel Coronavirus, there have been 11,955 cases confirmed GLOBALLY, including 259 deaths. Not trying to minimize the concern, but the flu should still be taken seriously.

3 HOW IT'S SPREAD

Coronaviruses are spread the same way other cold producing viruses are: through respiratory droplets when an infected person coughs or sneezes, by touching contaminated surfaces, and close contact. The CDC defines close contact as being within 6 feet or within a room for a prolonged period without personal protective equipment.



5 HOW TO PROTECT YOURSELF

1. WASH. YOUR. HANDS.

On average, our hands touch our face 5 times every minute ~ that's 3,000 times per day! Remember how Coronavirus (and the flu) are spread? WASH. YOUR. HANDS.

2. SUPPORT YOUR IMMUNE SYSTEM

The gut holds 80 percent of the body's immune system. All along the digestive lining, white blood cells help protect us from viruses and bacteria that try to invade our system. Healthy gut bacteria work to outnumber unwelcome pathogens. All of these functions promote a balanced immune system and ensure we are protected from viruses such as coronaviruses, flu and other pathogens. The best way to keep your gut healthy and ready to fight off disease is to eat a clean diet full of fruits, vegetables, lean meats and whole grains. Visit motherearthmama.com for more immune-boosting tips.

3. CLOSE CONTACT

If you expect to be in close contact with an infected person, such as an airplane, for example, you may consider investing in a protective respiratory mask:
_Regular surgical mask for Flu A/B (droplet)
_N95 (Airborne precaution) for Novel coronavirus, Measels, etc.