



QUICK TIPS YOU MAY NOT HAVE THOUGHT ABOUT

Make homemade hand sanitizer (if your local store is SOLD OUT)

- 2/3 cup 91% rubbing alcohol (isopropyl alcohol) or ethanol
- 1/3 cup aloe vera gel
- Optional: 8-10 drops essential oil (such as tea tree, lavender, peppermint, grapefruit)

Think ahead about EVERYTHING

- **Home:** Designate a separate room and bathroom for persons in the household who become sick.
- **Necessities:** Think about how you or your family member will get medicine, food, supplies during an illness or potential incubation period. Order on-line!
- **Contacts:** Make a list of emergency contact people (doctors, pharmacists, friends, family, local hospital) and share with the entire family.
- **Work:** Make contingency plans with your employer if you have to stay home to care for a loved-one.
- **Visitors:** Use caution about who is invited into the home.

Don't shake hands

- Opt for a fist bump, slight bow, elbow bump, etc. instead of handshaking.

Wash your cell phone

- At least once a day.

Stock up on Zinc lozenges

- These lozenges have been proven to be effective in blocking most viruses from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms.

Monitor your overall health

- Eat well, drink plenty of water, and get enough rest. The best defense to the Coronavirus is a healthy immune system!

