

**"An Ounce of Prevention is Worth a
Pound of Cure"**

Benjamin Franklin 1736

How NOT to Get Coronavirus

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Important information for high risk individuals to avoid getting the Coronavirus Disease because:

You don't want to get sick

You don't want to go to the Emergency
Department

You don't want to be hospitalized

And you don't want to go to the ICU

You are at high risk for severe illness from Coronavirus if you are:

More than 65 years old

Immunocompromised

Have serious heart disease

Have chronic lung disease or moderate to severe asthma

Have severe obesity

Wash your hands frequently

Wash your hands for 20 seconds using soap and water multiple times a day. The soap and water will help kill and rinse away the virus.

Wear a mask and glasses when leaving the house. Keep six feet away from others when out.

The virus can live in water droplets suspended in the air and can then get into your nose and eyes. Keep your mask in a paper bag when not in use and avoid touching the front and back of the mask. Only handle the straps of the mask. Wear glasses or sunglasses when you go out and rinse them with soap and water when you return.

Rinse your nose daily

Use a sinus rinse kit such as the NeilMed device or you can use a Neti Pot. Use distilled or previously boiled water that has been cooled to body temperature. Add one teaspoon of non-iodized salt and a pinch of baking soda to a cup of water. You can also add a small amount (1/2 tsp) of baby shampoo for added effectiveness. The virus can live in your nose so you want to flush it out before it can cause more problems.

Use saline eye drops daily

Use a saline solution such as the Bausch and Lomb eye wash system. Only use a solution that is made to be used in the eyes. Do not make your own solution. The solution will flush away viral particles that could be present on water droplets floating in the air.

Use Zinc lozenges twice a day

Zinc has been shown have anti-viral effects.

Dissolving a zinc lozenge in your throat twice a day will help prevent viral growth.

References

A pilot, open labelled, randomised controlled trial of hypertonic saline nasal irrigation and gargling for the common cold

<https://www.nature.com/articles/s41598-018-37703-3>

The Role of Zinc in Antiviral Immunity

<https://academic.oup.com/advances/article/10/4/696/5476413>

Rational use of face masks in the COVID-19 pandemic

[https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30134-X/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30134-X/fulltext)

