

Guidance on the Coronavirus (COVID-19) Preventive Tips and Its Symptoms: Feedback on the Coronavirus (from a prominent California hospital)

Part 1: The new Coronavirus may not show signs of infection for many days. How can one know if he or she is infected?

By the time one has a fever or cough, or both, and go to the hospital, the lung is usually 50% fibrotic and it's too late.

Taiwan experts provide a simple self-check that you can do every morning:

Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no **fibrosis** in the lungs, basically indicating no infection. During the critical time, please self-check every morning in an environment with clean air.

Serious excellent advice by Japanese doctors treating COVID-19 cases:

Ensure that your mouth and throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash the virus down through your throat and into the stomach. Once there, your stomach acid will kill all the virus.

If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous.

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Part 2 on CORONAVIRUS: Last evening dining out with friends, one of their uncles, who's graduated with a master's degree and who worked in Shenzhen Hospital (Guangdong Province, China) sent him the following notes on Coronavirus for guidance:

1. If you have a runny nose and sputum, you have a common cold.
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat resistant and will be killed by a temperature of just 26/27 Celsius (about 80 Fahrenheit) degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface, it will live for at least 12 hours, and so if you come into contact with any metal surface, wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. Normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently because the virus can live on your hands for only 5-10 minutes, but a lot can happen during that time: you can rub your eyes, pick your nose unwittingly, and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough: drink plenty of water!

THE SYMPTOMS

1. It will first infect the throat; so you'll have a sore throat lasting 3-4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5-6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.