COVID - 19

PROTECTING OURSELVES,
OUR FAMILIES &
OUR COMMUNITY

INMED USA
REDUCE YOUR RISK OF CORONAVIRUS INFECTION

WASHING YOUR HANDS

1. Wet your hands
2. Soap
3. Lather and scrub - 20 sec
4. Rinse - 10 sec
5. Turn off tap
6. Dry your hands

DONT FORGET TO WASH:
- between your fingers
- under your nails
- the tops of your hands

MAKING WATER SAFE

If tap water is clear:
1. Use bleach that does not have an added scent (like lemon).
2. Add 1/8 teaspoon (8 drops or about 0.75 milliliters) of household liquid bleach to 1 gallon (16 cups) of water.
3. Mix well and wait 30 minutes or more before drinking.

If tap water is cloudy:
1. Use bleach that does not have an added scent (like lemon).
2. Add 1/4 teaspoon (16 drops or 1.5 milliliters) of household liquid bleach to 1 gallon (16 cups) of water.
3. Mix well and wait 30 minutes or more before drinking.
SANITIZE CONTAINERS BEFORE STORING SAFE WATER

• Use bleach that does not have an added scent (like lemon).

• Add 1 teaspoon (64 drops or 5 milliliters) of household liquid bleach to 1 quart (32oz, 4 cups, or about 1 liter) of water.

• Pour this into a clean storage container and shake well, making sure that the solution coats the entire inside of the container.

• Let sit at least 30 seconds, and then pour out solution.

• Let air dry OR rinse with clean water that has already been made safe, if available.

NOTE: Never mix bleach with ammonia or other cleaners. Open windows and doors to get fresh air when you use bleach.
When coughing and sneezing cover nose and mouth with flexed elbow or tissue
Throw away tissue immediately

Avoid close contact with anyone that has fever and cough
ENSURE A NORMAL FUNCTIONING IMMUNE SYSTEM

Practice Good Habits

- Be physically active for at least 150 minutes per week
- Quit smoking
- Reduce stress
- Meditate
- Practice mindfulness
- Get 8 hours sleep per night

- Eat a balanced and nutritious diet. Fill ½ of your plate with vegetables and fruit, ¼ with protein-rich foods (fish, chicken, meat, eggs, beans, etc.) and the other ¼ with whole grains like brown rice, barley, quinoa, etc.

- Eat foods naturally rich in probiotics, such as plain yogurt, and other fermented foods, such as kombucha, kimchi, sauerkraut, kefir or tempeh.

- Ensure adequate vitamin D intake with foods such as fatty fish (tuna, mackerel and salmon), cheese and egg yolk or other foods fortified with vitamin D, like some dairy products, orange juice, soy milk and cereals.

- Eat a variety of colourful vegetables and fruit every day (3-5 portions).

- Long-life milk, milk powder (100% dairy), coconut milk, soya milk or almond milk can be used instead of fresh milk or cream.

- Eggs can be substituted with cheese, tofu or peanut butter for a source of protein.

- Frozen vegetables and fruit are a good substitute when fresh produce is not available.

- Maintain excellent hygiene practices at all times.

- Drink plenty of water.
For more tips and ideas for having fun and staying safe at home, please visit

https://inmed.org/usa/community-resources-during-covid-19/