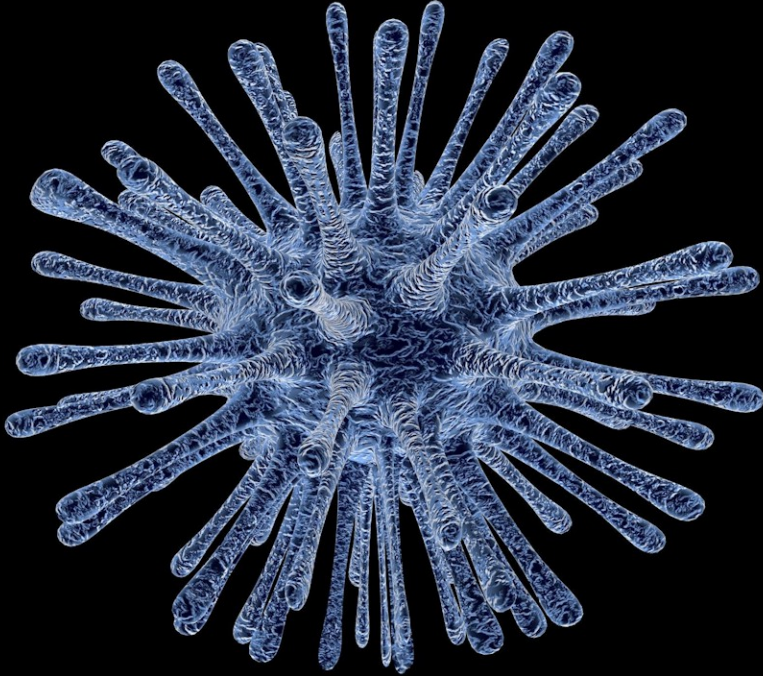


# VIRUS



What You Need To Know About The  
**Wuhan Coronavirus**  
(2019-nCoV - CoVid-19)

*Stephen B. Henry*

# **VIRUS**

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Wuhan Coronavirus  
(2019-nCoV – CoVid-19)**

**Edited By**

**Stephen B. Henry**

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# Introduction

I have suffered my way through bouts of influenza (the common flu) many times during my life. Since moving to Kansas 20 years ago I have endured a couple of really serious cases. Maybe it was exposure to different, slightly mutated, strains I became exposed to in a new place. Or maybe it is just me getting older and having a less resilient immune system. I do not know. But something is happening around us that has been getting my attention lately. And it is not the flu.

A new strain of the coronavirus, now dubbed CoVid-19 by the Center for Disease Control in Atlanta is sweeping the world. Some are already calling it a pandemic. One definition of *pandemic* is, “an epidemic (outbreak) of disease that has spread across a large region, multiple countries, or worldwide.”

By any definition, CoVid-19 is now a pandemic. It is *not* the flu. And it now requires special attention. This document will provide you with the information you need to understand, and prepare for, the Wuhan novel coronavirus.

Hutchinson, Kansas,  
March 5, 2020.

# In The Beginning

The news is full of dire warnings about the new Wuhan Coronavirus, also called the Novel (new) Coronavirus, 2019-nCoV or, as now designated by the Center for Disease Control (CDC), CoVid-19. Starting in China, it has been spreading throughout the world. Turn on TV and likely three more countries have reported the virus infecting someone since the last time you looked. Listen to the radio and it seems the total infected count rises every hour. Social media is crammed with posts and comments. Airports are testing passengers for fever (one of the earliest symptoms of CoVid-19). And cities in China are under quarantine.

Is the world ending? Are we being invaded by the superbug of the century? Is this a conspiracy to take over the world through bio warfare? Is the zombie apocalypses upon us?

No.

Not yet anyway. But that does not mean you are safe. This is serious business and you have the right to be informed. This report has been compiled using reliable sources such as the Center for Disease Control, World Health Organization, and available published scientific research.

You will **NOT** find a cure for the Wuhan Coronavirus in this report because there is not any.

What you will find is information you can use to protect yourself and your family, and maybe find a little peace of mind in the process.

## **What is a Coronavirus?**

Coronavirus is a viral infection of the respiratory system. Most of the time, while the victim may be uncomfortable with the symptoms, there are no known lasting effects. The fatality rate is very low. The common cold is a coronavirus. Coronavirus are spread from droplets containing the virus passing from human to human.

The name, coronavirus, is based on the appearance of the virus having lots of stalks on its surface sort of like a crown. Hence the name *coronavirus*.

# Infection Of Humans

There are many coronaviruses. Only seven are known to infect humans. Most coronaviruses only infect animals and they do not transmit from animals to humans.

Coronaviruses were first identified in humans in the mid-1960s. The seven coronaviruses that can infect people are:

229E (alpha coronavirus)

NL63 (alpha coronavirus)

OC43 (beta coronavirus)

HKU1 (beta coronavirus)

MERS-CoV (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS)

SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)

SARS-CoV-2 (the novel coronavirus that causes coronavirus disease 2019, or COVID-19)

People around the world commonly get infected with human coronaviruses 229E, NL63, OC43, and HKU1.

Sometimes coronaviruses that infect animals can evolve and make people sick and become a new human coronavirus. This is unusual, even rare, but it does happen. Three recent examples of this are 2019-nCoV, SARS-CoV, and MERS-CoV.

Of those seven, only three coronaviruses are deadly.

Severe Acute Respiratory Syndrome, aka SARS, broke out in China in 2003. Total fatalities reached 774 with nearly 8,100 people infected. It is thought that civet cats were the culprit in infecting humans. Health officials believe SARS is under control.

Middle East Respiratory Syndrome, aka MERS, originated in Saudi Arabia in September 2012. Infection is believed to come from camels. MERS has a high fatality rate of 30% to 40%, which is one of the reasons the World Health Organization has labeled MERS an immediate threat to global health. Nearly 1500 people have been infected with MERS and between 300 to 500 have died. Fortunately it seems the infection rate is on the decline.



**Wuhan Coronavirus** has infected thousands of people, the count as of date of publication is over 95,270 since its discovery in late December 2019 and the rate may be accelerating. The death toll has reached over 3,281. The mortality rate is between 2% to 3%. Information as of February 3, 2020.

The number of cases may be much higher. The confirmed cases are from genetic tracing of the virus found in patients in the hospital. If a person does not go to the hospital then they won't be diagnosed. So far symptoms are not severe enough in most of the population to warrant hospitalization.

# Influenza vs. Wuhan Coronavirus

Is Influenza more prevalent and deadlier than the Wuhan Coronavirus? We do not really know the full scope of CoVid-19 yet so we cannot fully answer that question. Influenza (the flu) can be pretty deadly, though. And while influenza is not the topic of this report, understanding specifics about it can help in the understanding of CoVid-19

For most people getting the flu is like getting a really bad cold. However, influenza has been deadly in the past and still is for certain segments of the population. The Spanish flu from 1917 through 1920 killed millions of victims.

The Spanish flu spread rapidly, had a high mortality rate and, unfortunately, there were no antibiotics to treat secondary bacterial infections. Penicillin was not discovered until 1928. And, of course, there were no vaccines to prevent the spread of influenza at that time.

What is especially alarming about the Spanish flu is that it spread quickly at a time when travel was limited and much slower than modern day cars, trains, and planes.

The avian or bird flu was not very contagious but had a high fatality rate. So the odds were against you catching this strain of flu but when you did the outlook was not very favorable. The mortality rate was high.

The 2009 Swine Flu, influenza A (H1N1), is actually an influenza virus that is a combination of a new strain of influenza A, virus sub-type H1N1 that derives from one strain of human influenza, one strain of avian (bird) influenza, and two separate strains of swine influenza.

And that is what is so insidious about the flu, and all viruses for that matter; it may remain rather innocuous for years and then wham, become deadly. The next deadly flu pandemic could be just around the corner.

Prior to April 2009 Swine Flu had been limited to pigs aka swine. It is possible for humans to catch true swine flu but it has rarely happened. The human has to be around infected swine on a regular basis. The virus passes from pig to human due to prolonged and close proximity.

There have been different varieties or strains of swine flu through the years. Currently there is a vaccination to prevent swine flu in pigs. But that does not mean the virus will not mutate so the vaccination becomes useless; something that does happen.

Swine flu was first diagnosed in pigs in 1930. Almost 50 years later in 1976, a little over 200 soldiers at Fort Dix in New Jersey, came down with swine flu. From that time until 2005 there were few cases reported, less than one per year. From 2005 through January 2009 there were only 12 cases reported.

The run-of-the-mill flu that comes around every winter and early spring is not necessarily a severe illness. However, it can be. The very young and the old are susceptible to complications including pneumonia and that is why the health department encourages everyone to get a flu shot every year.

For your information, those flu shots are only 40% to 60% effective in preventing the flu. If you do still get the flu, however, you will likely get a milder case. At least that is the theory. Also, if you have the flu, the vaccine does not prevent you from spreading the flu to others.

Remember, too, influenza is caused by viruses not bacteria. Other diseases caused by viruses are the common cold, shingles, HIV, Ebola, and the measles.

# Viruses Are Nasty Creatures

Viruses are structures that only replicate or reproduce themselves within a host cell. Outside a host cell they are dormant. Scientists do not yet agree on whether viruses should be considered a life form or be classified as biochemical mechanisms.

Being *alive* is defined as reproducing, taking in and using energy, eliminating waste, growing and responding to the environment.

Viruses only *live* (are active) for short periods of time outside the host cell if live is defined as maintaining the ability to reproduce themselves inside a host cell. Perhaps better terms than live or dead when talking about viruses would be active and de-activated.

Viruses are simply not deactivated, or killed, by antibiotic treatment.

Why are viruses so dangerous to the host cells? The virus has a limited amount of DNA information for use in reproducing itself but it does not have all the necessary biological materials.

The only apparent purpose of a virus is to replicate itself. Once it enters the host cell it uses that host's

material to replicate itself thousands of times, destroying the host cell and invading other cells within the host in the process.

The viruses can leave the host cell a few at a time, called *budding*, or all the viruses can leave at once called *lysis*. Think of it as an intensive alien invasion of the host body, because that is really what it is.

Every living organism, plant, animal, or bacterial matter, is susceptible to viruses. The saving grace is that specific viruses can only find the genetic material they need to replicate within specific organisms. In other words, the tobacco mosaic virus only affects tobacco plants. But, to make matters worse, there may be a hundred different viruses with the capability to infect one specific organism.

The really bad news is that viruses can evolve and mutate. One virus has the capacity to reproduce itself hundreds of thousands of times. Each reproduction can lead to a small change, or mutation, within the virus. Even if 90% of the reproduced viruses are faulty, the remaining 10% are functioning.

Some of the mutations may mean they can infect other organisms besides the original host type. The ebola virus is thought to have originated in fruit bats,

mutated to primates, and then mutated to infect humans. While it seems to have run itself out currently, it could come back at any time.

Some viruses remain in the host after the initial infection and then cause further serious damage later, much like the childhood chicken pox virus which may cause shingles later in life.

The influenza virus is another virus that is notorious for mutating. The avian influenza, which only infected birds, mutated to be able to infect humans in the early 2000's. What causes a particular virus to mutate is not really known.

While much is known, there is still a lot we do not know about viruses and how they work.

# Wuhan Coronavirus is Brand New

The *novel coronavirus* is thought to be a virus that is a combination of a bat virus and a snake virus which mutated and originated in a market located in the city of Wuhan, China.

Both bats and snakes are considered delicacies in China. The cages can be kept close together. The disease has now been confirmed as passing from human to human. Cases have been determined in people who have not been to China or in contact with anyone who has recently been to China.

A lot of public discourse has been heard criticizing the Chinese for eating bats and blaming them as responsible for this outbreak.

The Chinese could just as easily criticize Americans for having too much sugar or salt in their diets leading to diabetes and heart disease. No one fully knows if this might make it easier for a virus to invade and/or mutate within our bodies, or what the outcomes of all this might be.

The fact is, new viruses are going to come along. It is not a racial or national occurrence. It is simply a function of nature.



# What Is Dangerous About CoVid-19

The Wuhan coronavirus (CoVid-19) is transmitted readily from human to human. This new strain does not have a developed vaccine to prevent infection. It takes time to figure out what the new strain consists of, how it developed, and then create the vaccine.

Scientists believe the vaccine may be as much as a year, perhaps 18 months, away (from the date of publication of this report). This goes against claims from the U.S. federal government, the White House, and the President, that a vaccine is only weeks away and that the virus will die once warmer weather arrives.

You will need to make up your own mind but it is the opinion of the editor of this publication that the President is wrong and, perhaps, even deliberately so, trying to keep numbers suppressed and information out of the hands of the public.

The vaccine issue was the problem with the swine flu. It literally infected millions before a vaccine could be developed. This may also happen with CoVid-19.

Vaccines work by introducing a weakened or dead strain of the virus into the body. The body builds up an

immunity to the weakened or dead virus. When the full strength, live virus tries to invade the body, the body can fight back with the previously produced antibodies.

Antibiotics are only useful for secondary bacterial infections which may be caused by the virus. Using antibiotics to try to fight the CoVid-19 virus (or any virus) infection serves no purpose what-so-ever.

By-the-way, antibodies are different than antibiotics. Antibiotics have no effect on viral infections. None at all. Nada. Nothing. Do not think taking a series of antibiotics prevents or treats the flu, the Wuhan coronavirus or any other virus for that matter. It is quite simple. Antibiotics kill bacteria not viruses.

You might think it is a good idea to start a series of antibiotics to prevent getting any secondary infection. Think again. Antibiotics today are not as effective as they were 20 years ago because bacteria are becoming resistant.

Look at it this way. The weak bacteria are killed off by say amoxicillin, an antibiotic that is a derivative of penicillin. However, a strain of bacteria develops that is highly resistant to amoxicillin. You then need stronger antibiotics to kill off the strain that is resistant.

If we misuse antibiotics, bacteria become more and more resistant. It does not help that animals are fed antibiotics -- not to cure infections -- but to help them gain weight faster. The bacteria becomes resistant to the antibiotics which are then useless in treating infections.

If your doctor prescribes antibiotics, though, do take the full course. You may feel better after only a few days -- most antibiotics start working after the first 48 hours. However, the bacteria causing the infection are still at work. The stronger bacteria may survive a week of antibiotics and cause a re-infection if you stop too early.

Wuhan virus has spread as fast as the Swine Flu, appearing in the United States, Canada, Australia, France, Japan, Malaysia, Nepal, Singapore, South Korea, Taiwan, Thailand, Vietnam, and of course China, just to name a few of the many countries where infections have been confirmed.

At the time of writing this, CoVid-19 is in 79 countries around the world. That number is almost certain to grow in the coming weeks.

# Why Be Concerned About CoVid-19?

The disease is new, no vaccine is available, and has already in the last 60 days or so infected more than 95 thousand people in more than 79 countries (including the United States and many of those in Europe). Most of those infected are in China but the numbers outside China are growing fast.

These are only the reported cases determined by genetic testing for the virus in people who have been hospitalized. The actual number could be considerably higher. In the U.S., with some 350 million citizens, only about 300 people have been tested, whereas South Korea is already testing tens of thousands.

The Chinese government may be intentionally under-reporting the diagnosed cases as they did with the SARS coronavirus. The country is huge and in poorer regions the people have fewer medical facilities, so cases there may not be diagnosed and reported. The news agencies are under government control and may have been prohibited from reporting the true number of cases.

Unfortunately, the rate of infection within China and other countries seems to be accelerating.

The infectious rate for someone who has the Wuhan Coronavirus is to infect 1.5 to 2.5 other people.

Influenza has an infectious rate of 1.3. What this means that if the infection is 2.0 for example, one person infects two more. Those two infect four more. Those four infect eight more. Those eight infect 16. Those 16 infect 32. And the number infected increases pretty quickly.

The incubation period - that space of time when the virus has invaded your body but you do not have symptoms yet - is seemingly somewhere between 7 to 14 days. That is a relatively long period.

While there are no symptoms during the incubation period, the infected person can still unknowingly transmit the virus to others.

It seems that some victims who have recovered have suffered relapses as many as several days to a few weeks later. Again, reliable information is spotty and we just do not know what the outcomes will be.

While China is trying to quarantine the disease, many infected people who may not be exhibiting symptoms will likely be spreading the disease far and wide.

Another worrisome factor is that at least one *superspreader* has been found. A superspreader is someone who infects others at a much higher level than average. In other words, if the average infectious rate is 1.5, the superspreader would have an infectious rate substantially higher.

The more superspreaders there are, the faster the disease spreads. The superspreader patient in Wuhan China infected 15 health care workers in only a few hours.

In Iran, a significant number of the governing parliament have been infected.

Washing your hands regularly, and staying at least 3 to 6 feet away from others, is good preventative procedure.

# How Is CoVid-19 Transmitted?

As stated above these viruses cannot exist, live, or remain active, for long outside the host. Viruses can be transmitted in a number of ways.

The HIV virus, for example, is spread by direct contact with bodily fluids. So is Ebola. Smallpox, a virus deadly in the past, is contracted through lengthy exposure to an infected person. The respiratory flu is spread through respiratory droplets exhaled, coughed, or sneezed out of the body.

The Wuhan Coronavirus (CoVid-19) is spread from person to person through respiratory droplets as well.

To become infected you must be standing within about 3 to 6 feet of an infected person, close enough to breathe in the virus infected water droplets expelled through breathing, coughing or sneezing. Just passing by someone on the street will not likely get you infected.

The coronavirus which causes the common cold can land on a hard surface and live up to 24 hours or on a soft surface and live less than 30 minutes. The UV exposure of the surface and air temperatures affect how long the virus will live as well.

Even exposure to someone with the Wuhan coronavirus does not mean you will get sick. The human body has wonderful defenses. If only a few cells are infected the body produces and secretes something called interferons.

Interferons are proteins and are designated alpha, beta, or gamma interferon. These particular proteins interact with the cells adjacent to the infected cells to make them more resistant to viral infection. This natural defense often works to stop the virus dead in its tracks.

The interferon does not kill the virus but, rather, makes the cells more resistant to the viral invasion. The virus can no longer reproduce so it dies off. Later on, you may not even have known that you were infected at all.

Sometimes however the virus is stronger and spreads to more cells more rapidly than your body can deal with it naturally. When this happens you start feeling sick. At that point the immune system begins to fight by killing the viruses that are outside of the cells and the infected cells themselves.

This can lead to an ongoing battle within your body.



# Symptoms: What Happens When You Become Infected

The Wuhan corona virus causes a low grade fever as the first symptom, with a dry hacking cough two to seven days later. This leads to shortness of breath, along with general achiness, sore throat, and stomach issues, including diarrhea.

Not every victim exhibits every symptom. Severe symptoms include a high fever, pneumonia, kidney failure and death. Fortunately, not every infected person exhibits every symptom.

Older people and those with other health issues seem more susceptible to severe symptoms and death. Older children under 17, seem to be remarkably less affected, though not immune.

The virus can enter through your nasal passages or your mouth but this does not mean you are automatically infected. The mucous membranes of your nose and throat trap the virus, as well as dust, foreign bodies, and bacteria, rendering them harmless.

The small microscopic hairs, called cilia, that line air way passages sweep over 100 times per minute and can sweep the virus right back out.

If a virus does get through and enters a body cell it immediately begins the replication process and that is when the trouble starts.

The body cell, once invaded, sends out a distress signal through MHC, a chemical in every body cell, that recognizes what is foreign to the body and what belongs there. This chemical boots the viral protein to the surface of the cell. Killer T-cells, a type of white blood cell, sense the distress call, and kill the cell and the virus within by coating the cell with toxic chemicals.

The dead cells are cleaned up by macrophage cells which surround and consume cellular debris and pathogens.. Histamines increase the blood flow to the area. More blood flow means more killer T-cells to handle the job..

At this point your throat really, really hurts because the blood vessels swollen with the increased blood are pressing on nerve cells and pain receptors.

The body temperature starts to rise as the number of macrophages increase. A significant fever is likely, you may feel quite chilled and, at the same time, sweat profusely.

Your body aches because your pain threshold has been lowered. Fever increases as the body tries to boost new cell production.

You get the chills because your muscles contract to generate more heat. Blood flows away from your skin so you feel cold.

You get a headache because of the increasing pressure of the swollen blood vessels in your brain.

Now, you could take aspirin to bring down the fever but that is counterproductive. The fever is one way your body fights against the virus.

If the virus gains momentum and the T-cells start losing the fight, the infection spreads to the lungs.

The macrophages that have destroyed the dead cells are in the blood stream and pass eventually through a lymph node. The viral material in the macrophage is detected and triggers more production of white blood cells including T-cells.

This increased production causes the lymph glands to swell and become tender. Lymphatic drainage massage (LMD) is an option, both to provide improved comfort and to increase distribution of lymphocytes to help in the fight against the virus.

The T-cells go to the site of the viral infection and start destroying more cells which increases the debris.

Coughing is how the debris is expelled from the throat and lungs. Thick mucus, or phlegm, is a sign of this.

And the fight is not over yet. Another immune cell, single B-cells in the lymph glands, produces antibodies that rush to the site of the infection, trap the virus and prevent it from replicating.

Sounds like a horror film, doesn't it? The attack of the killer tomatoes?

Hopefully the battle turns in favor of the body and the viral infection begins to fade. It has been a struggle but you have won and begin the road to recovery. The entire process lasts from one to two weeks.

Vomiting and diarrhea are not common with most types of respiratory influenza, but can be a symptom of the Wuhan Coronavirus CoVid-19.

# Complications

The immune system is the primary weapon in the battle with the coronavirus and those with immature or weakened immune systems are at risk for pneumonia and secondary bacterial infections. The very young (babies and toddlers), the old and those with respiratory problems are especially vulnerable.

In severe cases, the Wuhan coronavirus has brought on respiratory failure and death. The current fatality (or mortality) rate of those sick enough to be hospitalized seems to be about 3.5% globally from pneumonia and kidney failure.

As more cases are diagnosed this percentage may increase or decrease, but so far has held fairly steady.

# Treatments

Once you have contracted the Wuhan coronavirus there is not any so-called cure. There are things you can do to feel better. Treating the symptoms is the best course of action.

Antiviral drugs do not seem to work for the Wuhan coronavirus as they do for influenza. Antiviral drugs prevent a virus from reproducing and to be an effective treatment in other virus infections and must be started within 48 hours of getting sick. This simply show no signs of working with CoVid-19.

Here are some things you can do to assist the body in fighting any known coronavirus. In themselves they are *not* cures.

Get plenty of rest. If you need to stay in bed, then do so. Your body heals and restores itself as you sleep. When you rest all your resources go to feeling better and thwarting the virus.

Drink plenty of fluids. Your body need to re-hydrate, especially if you have fever. Drink a glass of water or other liquids every hour or so, even if you do not feel thirsty. If you do not feel like eating, then don't.

Taking aspirin or Tylenol may lower the fever and reduce pain but as noted the fever is one of the ways the body fights off the viral infection. Do not give aspirin to children. If you choose to use a pain reliever or fever reducer, do not go over the recommended dosage.

A salt solution nasal spray helps with stuffiness.

Gargling with salt water helps an irritated throat.

# Wuhan Coronavirus Prevention

The only 100% effective method of prevention is to avoid coming in contact with anyone else who already has the virus. Since that is not possible for most individuals, there are some steps you can take that lessen the odds of coming down with a coronavirus such as the Wuhan Coronavirus, CoVid-19.

## Wash Your Hands

Wash your hands often with soap and warm water for at least 20 to 30 seconds.

If you do not have access to soap and water use an alcohol-based hand sanitizer gel. Rub a dollop of gel on your hands until it evaporates.

Use an alcohol based hand wipe.

Hand washing is one of the most effective ways to stop the spread of both germs and viruses.

Think of all the surfaces you touch that other people touch:

- door handles
- computer keyboards
- supermarket carts



- chair arms
- telephones
- food service trays
- stair railings
- bathroom fixtures

If a person has the coronavirus, even without obvious symptoms, and touches their nose or mouth and then the door handle, they leave viruses on the handle. You come along and touch the handle to open the door and the viruses are now on your hand. Touching your hand to your nose or your mouth leads the virus right to where it wants to be.

Keep a small bottle of hand sanitizer in your pocket or purse and use it every time you touch something that other people may have touched.

Be conscious of how many times you touch your face. And stop doing it.

Many grocery stores now provide disinfectant wipes to be used on the grocery carts. Most doors now open automatically so it is not necessary to touch any handles. When you are in the store, apply hand sanitizer after checking out. Both the cashier and courtesy help have contact with hundreds of customers each day.

You might want to consider two other measures that are a bit more extreme: wearing disposable latex gloves whenever you are in public (remember *not* to touch your face) and a wearing face mask.

If you wear gloves remember you still should not touch your nose or mouth as the virus can live on the latex surface for a while. Dispose of the gloves and face mask so others are not exposed to them after use. And do not become complacent thinking that if you wear a face mask or don gloves you do not have to do anything else.

The masks are only effective for the person wearing one. They block large droplets of water but do not seal the area around the nose and mouth completely. If you touch the mask to remove it and then touch your nose or mouth the effectiveness is lost. Wash your hands.

### Wipe off and Disinfect

You may be diligent about washing your hands but other members of your family may not be, especially children. Wipe down counters, door handles, and telephone mouth pieces, with a disinfectant.

Keyboards are more of a challenge but should be disinfected as well. Careful use of rubbing alcohol works as it evaporates quickly.

Do not share toothbrushes.

Household bleach is an effective, inexpensive, *external* disinfectant (*do not* drink it!). Use one part bleach to 10 parts water.

Vinegar is also a disinfectant as well but not as powerful as bleach.

### Use Paper Towels and Cups

Use these in the bathroom and kitchen, and do not share food or drink from someone else's cup.

### Stay Away from Crowds

It is just common sense that the more people you are around the more likely it is you will come into contact with someone who is sick.

Regardless of how safe the President says his rallies are, use common sense.

# Boosting Your Immune System

It would seem prudent to bolster your body's ability to fight back. Here is how you can do this.

## Foods and Supplements that boost immunity include:

**Vitamin C:** Found in lots of fruits and vegetables but especially citrus fruits. Vitamin C fortified foods abound. And of course it is found in supplements. Why does Vitamin C work? It aids in the increased production of white blood cells, antibodies and interferon.

**Vitamin E:** Whole grains, leafy green vegetables, egg yolks, and nuts all contain Vitamin E. Vitamin E stimulates the production of Killer T-cells and increases the production of B-cells which manufacture antibodies.

**Carotenoids:** Beta carotene boosts Killer T-cells.

Carotenoids are found in carrots, sweet potatoes, kale and spinach. It increases the number of infection-fighting cells, natural killer cells, and helper T-cells, as well as being a powerful antioxidant.

Zinc: Found in protein, primarily from animal sources, and is available as a supplement. It increases the production of white blood cells that fight infection and help the body release more antibodies.

Garlic: A member of the onion family and available as a supplement, it boosts production of white blood cells and antibodies.

Selenium: Found in a number of protein sources, brown rice, sunflower seeds, and nuts and of course available as a supplement. This mineral increases those all important Killer T-cells.

Omega-3 fatty acids: The omega 3 fatty acids in flax oil and fatty fish (such as salmon, tuna, and mackerel) boosts immunity by increasing the activity of macrophages.

Some people believe that herbal supplements can boost the immune system the same way that foods, vitamins, and supplements can. Four that are often mentioned are Echinacea, Ginseng, Astragalus, and Marshmallow root - also known as Althaea.

Do they work?

No scientific studies have been conducted that prove that they do. But that is understandable. These herbal

supplements cannot be patented so there is no motivation for the big pharmaceutical companies to spend the money to conduct the studies. Use is a personal choice. Just be careful to follow other recommended protocols that are good common sense. Wash your hands.

## **Get Rest**

Your body heals and recharges itself when you are asleep. It is important to give your body enough sleep time. That is not always easy in today's hectic world.

There are herbal supplements that have been shown to promote sleep such as Melatonin and herbal teas like chamomile, passion flower, lemon balm, or hops.

And the old fashioned remedy of warm milk really does work in promoting sleep.

Keep your bedroom sleep oriented, with no laptop computer or work related stuff around and keep it dark with light blocking shades.

Wear a sleep mask; ambient light works against sleep.

Turn the clock away from you so you do not see the time and worry about it. And so the light from the digital display is not visible.

Lower the temperature of the bedroom. It has been shown the people sleep better in a cooler room. A drop in body temperature means sounder sleep.

Do not drink a lot of alcohol. While you may fall asleep faster when the alcohol wears off it will disturb the sleep cycle. In this regard, keep in mind that some over-the-counter cough and cold medicines have as much as 10% alcohol.

Drink lots of fluids during the day but limit fluids an hour or so before bedtime so sleep is not interrupted by having to use the bathroom.

## **Decrease Stress Levels**

It is thought that prolonged high stress levels weaken the immune system. Each of us has moments when the stress in our lives seems overwhelming. You may have just started a new job, had a baby, gotten married or faced an illness. All of these are stressors.

But everyday life can be filled with stressful moments as well. Decreasing stress levels can boost our immunity to illnesses, including influenza. Here are a few tips to help keep stress from building up.

Changing your diet to include more fresh vegetables and fruits and less sugars, salt, refined flours, and carbohydrates, can be helpful.

Obviously decreasing your caffeine intake would help as well. Caffeine can aggravate some of the symptoms of stress. Lemon balm tea is a good substitute for coffee as it has calming properties.

Aromatherapy is another way to bring down stress levels. Aromatherapy relies on the use of essential oils. Essential oils are derived from plants, herbs, flowers, woods and citrus fruit peel.

Lavender, Clary Sage, Rosemary, Sandalwood, and Tangerine are a few essential oils that have a calming soothing effect. Lavender is used in some baby bath products to help infants drift calmly off to sleep.

The oil can be added to a non-scented candle and burned. Light the candle and let it develop a pool of melted wax around the wick. Blow out the candle and add the essential oil to the melted wax and then relight. If you just add the oil to the melted wax while the candle is lit, the oil floats on top and is burnt off immediately.



The oils can be added to a warm bath, ¼ teaspoon up to a full teaspoon. The warm bath itself reduces stress by increasing blood circulation and relaxing muscles.

Be careful rubbing essential oils directly on your skin: it could cause irritation.

Epsom salt and sea salt (1 to 2 cups) added to a bathtub in addition to the essential oils soothes sore muscles and adds a sense of buoyancy.

More about essential oils can be found at:

<https://1essentialoils.com/>

Exercise is a time tested method of reducing stress levels. Just make sure that the exercise is completed at least four hours before bedtime. Exercising closer to bedtime might make it more difficult to fall asleep.

Massage, especially on the neck and shoulders, reduces stress, and helps alleviate the headaches that some people experience with stress.

Self-massage can be performed on the temples, and back of the neck.

Lymphatic massage can improve lymph circulation, clear lymph nodes, and increase availability of infection-fighting lymphocytes to help fight disease.

Yoga and Pilates (an exercise discipline) include stretching movements which releases tension within the muscles and aids in blood flow, thereby reducing stress.

Meditation is well known for its ability to decrease stress. Meditation can be combined with aromatherapy and gentle stretches after the session is completed.

# What If You Think You May Have The Wuhan Coronavirus

The first thing is, do not panic.

The odds are greatly against you getting the Wuhan Coronavirus regardless of the hysteria of the media and, if you do, it is not a death sentence, or necessarily a severe illness. Remember, a 3.5% mortality rate means a 96.5% recovery rate!

There is not any way to tell if you have the flu, a common cold, or the Wuhan virus without confirmation in the hospital through specific diagnostic testing.

And, even if you do contract the disease, you will most likely come through just fine. Remember that recovery rate thing.

Use tissues when you sneeze or cough and immediately dispose of the tissue into a plastic lined paper bag.

Wash your hands after every cough or sneeze. If you are too weak to get up to wash your hands use hand sanitizer. Doing this will not make you any better but it will protect your family and friends from getting sick.

A humidifier adds moisture to the air which is soothing to your throat and nasal membranes. Holding your head over steaming water has the same effect but be careful of burns. If you have a facial steamer, that is effective as well.

Be careful about using an over-the-counter nasal decongestant spray. After three days of constant use, the spray can actually make you more congested.

Your grandma was right: chicken soup does help alleviate symptoms. Seriously. If you do not have a grandma handy to make homemade soup, canned is fine.

# Conclusion

While any new disease has a frightening potential for spreading illness across the globe, there are efforts we can take to keep ourselves safe.

Knowing what the Wuhan coronavirus (CoVid-19) is, what it is not, how it is transmitted, and how you can decrease the odds of becoming infected are the first steps in keeping you and your family healthy and safe.

Keep up-to-date on where new cases have been found. Visit the World Health Organization (WHO), or the Center for Disease Control (CDC) websites for the latest information.

WHO: <https://www.who.int/en/>

CDC: <https://cdc.gov/>

Take all the necessary precautions yourself and make sure your family does the same.

Remember, do not panic if you come down with symptoms. Avoid crowded venues. Wash your hands.

If you do become sick do not infect others by going back to work while you are still ill.

# Additional Notes

Similarities: COVID-19 and the Flu

Symptoms

- Both cause fever, cough, body aches, fatigue, and sometimes vomiting and diarrhea.
- Can be mild or severe, even fatal in rare cases.
- Can result in pneumonia.

Transmission

- Both can be spread from person to person through droplets in the air from an infected person breathing, coughing, sneezing, or talking.

- A possible difference: COVID-19 might be spread through the airborne route (see details below under Differences).
- Flu can be spread by an infected person for several days before their symptoms appear, and COVID-19 is believed to be spread in the same manner, but we really do not yet know for sure.

## **Treatment**

- Neither virus is treatable with antibiotics, which only work on bacterial infections.
- Both may be treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization and support such as mechanical ventilation.

## Prevention

- Both may be prevented by frequent, thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected.

## Differences: COVID-19 and the Flu

### Cause

- COVID-19: Caused by one virus, the novel 2019 coronavirus, now called severe acute respiratory syndrome coronavirus 2, SARS-CoV-2, or CoVid-19.
- Flu: Caused by any of several different types and strains of influenza viruses.

### Transmission

- While both the flu and COVID-19 may be transmitted in similar ways (see the Similarities section above), there is also a possible difference: COVID-19 might be spread through the airborne route, meaning that tiny droplets remaining in the air could cause disease in others even after the ill person is no longer near.

### Antiviral Medications

- COVID-19: Antiviral medications are currently being tested to see if they can address symptoms.
- Flu: Antiviral medications can address symptoms and sometimes shorten the duration of the illness.



## Vaccine

- COVID-19: No vaccine is available at this time, though it is in progress.
- Flu: A vaccine is available and effective to prevent some of the most dangerous types or to reduce the severity of the flu.

## Infections

- COVID-19: Approximately 92,818 cases worldwide; 118 cases in the U.S. as of Mar. 3, 2020.
- Flu: Estimated 1 billion cases worldwide; 9.3 million to 45 million cases in the U.S. per year.

## Deaths

- COVID-19: Approximately 3,281 deaths reported worldwide; 11 deaths in the U.S., as of Mar. 5, 2020.
- Flu: 291,000 to 646,000 deaths worldwide; 12,000 to 61,000 deaths in the U.S. per year.

The COVID-19 situation is changing rapidly. Since this is a new virus, people do not have immunity to it, and a vaccine may be many months away.

Doctors and scientists are working on estimating the mortality rate of COVID-19, but at present, it is thought to be higher than that of most strains of the flu.

# Essays

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# Coronavirus Symptoms and How it Spreads

The Wuhan Coronavirus symptoms include fever, cough, headaches, chills, body aches, a sore throat and fatigue. Vomiting and diarrhea have also been reported. There are no antiviral medications that are effective. Not every patient who has the Wuhan coronavirus exhibits every symptom.

It is important to remember that the common cold, a coronavirus itself, has many of the same symptoms. As does influenza. However, the onset of the flu is usually much more severe and quicker than with the common cold. You go to bed with mild symptoms in the evening and wake up with the full blown flu the next morning. Cold symptoms last about 7 days with a gradual onset and then a decrease of symptoms.

It is important to remember that flu is not a rare illness. According to estimates from the Centers for Disease Control, [www.cdc.gov](http://www.cdc.gov), 5 to 20 percent of the U.S. population suffers from a case of the flu each year. The CoVid-19 variant of the coronavirus spreads faster and seems to be more deadly than the flu.

The coronavirus (and the common cold is a coronavirus) is typically spread from one person to another when an infected person coughs or sneezes. The virus can pass through an infected person's lungs, throat or nose, sending particles into the air that can pass to anyone when that person comes in close contact. The range to pass the infection is from 3 to 6 feet.

Being out in a crowd increases your chances of being infected because, the more people you are exposed to, the higher the probability that several of them have the beginning stages of the disease. Additionally the closer people are next to each other the less distance the virus has to travel when airborne.

Being in an airplane in the closed environment, with circulated air, and with someone who has the disease makes it more likely it spreads to the other passengers. Transportation by bus or subway increases the close approximation between passengers.

The other main way the virus spreads is from touching surfaces that are contaminated with the virus and then touching your eyes, mouth or nose. You may pick up the coronavirus if you touch the contaminated surface and then touch your face.

# Preventing the Spread of the Coronavirus

For the sake of our own health and others, we all have a responsibility to prevent the spread of the coronavirus, the flu, or any other type of disease for that matter. It doesn't take a rocket scientist or brain surgeon to figure out what to do. Most of the steps are common sense. From 5 to 20% of the population in the US comes down with the flu every year. While most of us get through the flu just fine, it can be a serious disease for the young and old.

The Wuhan coronavirus so far has had its greatest impact in China where the disease originated. Thousands of cases have been diagnosed with about a 3% fatality rate. There are probably more cases of the Wuhan coronavirus than reported, since the confirmation has been from patients who have been hospitalized. As with the flu, it is probable that most infected victims don't have symptoms serious enough for hospitalization.

Cover your nose or mouth when you sneeze or cough, so you trap the virus particles in the tissue rather than expelling them into the air. Then make sure you dispose of the tissue so it won't spread the virus on

any other surface. The virus is spread within a 3 to 6 foot range when you sneeze so trapping the virus in a tissue eliminates that possibility.

After you sneeze or cough, wash your hands with soap and water. Or if you are not near a sink, use an alcohol-based hand cleaner. Get in the habit of carrying these hand sanitizers with you, in the car, in your pocket or in your purse. Wash or disinfect your hands when out in the public and touching door knobs, shopping cart handles or other items that other people touch.

Avoid touching your mouth, nose or eyes. If you have touched any object contaminated with the virus, you may end up contaminating yourself. Your eyes, nose and mouth are the easiest pathways to infection by the flu virus.

If you are sick stay home from work and away from other people. You may think that you're being Mr. Tough Guy by going into work, but you won't be working at full capacity when you're sick and you'll be spreading the virus. If your child becomes sick keep them home from school until their symptoms have subsided. You can spread the Wuhan coronavirus from 7 to 10 days before you exhibit any symptoms.

# Hand Washing Number 1 Action to Take in Preventing the Coronavirus

No one likes to be sick but it happens. While you'd have to lock yourself in an air bubble away from other people to guarantee that you won't get sick from the coronavirus, there are ways to decrease your chances of becoming infected.

Frequent hand washing is one of the easiest measures you can take to reduce your chance of coming down with the virus.

During the day we all touch dozens of surfaces that may have the coronavirus or flu virus on them: doorknobs, grocery cart handles, computer mouse and keyboards, cell phones and telephones—the list is endless.

The virus remains active on hard surfaces for up to 24 hours. And don't think that if no one in your family is exhibiting flu symptoms, you're in the clear. You can be contagious for a couple of days before you become sick.

You can be contagious with the Wuhan coronavirus from 7 to 10 days before you have symptoms.



Wash your hands with hot soapy water, dry with a paper towel and throw the towel away. When in public restrooms, be careful of the surfaces you touch. If the restroom has a hot air hand dryer use that instead of paper towels. Antibacterial soap isn't necessary as the flu is caused by a virus not bacteria. It won't be killed by the soap. It will be destroyed by the hot water and the friction from rubbing your hands together with the soap.

If soap and water isn't available use an alcohol based hand sanitizer. Again rubbing causes friction and that friction kills the virus. Don't dry the hand sanitizer off with a paper towel. Let your hands dry naturally. That gives the alcohol more time to work.

It is important to instruct children in these preventive measures as well. Children come in contact with more potential sources of germs, including viruses, than adults do. Not only do they have a classroom of up to 40 other children but they make contact with other children at lunch time and on the playground, and on the school bus.

Children's immune systems are not as developed as adults so they get sick more often. Teaching your child to wash their hands often is one of the best ways to prevent them from becoming ill. Give each child their

own bottle of hand sanitizer to carry with them, if it's allowed by the school rules.

# After You Come Down With the Coronavirus

Coronavirus (the common cold is a coronavirus) and flu season is here with the coughing, headache, congestion, sore throat and runny nose. It is a miserable time to get sick especially with the cold, wet windy weather outside.

Let's face it: winter and early spring are the cold and flu season.

Having the flu is one instance where you must stay home from work, school or other social situations where you could spread the virus.

Your recovery from the illness will be accelerated if you allow yourself plenty of rest, rather than trying to keep with your normal work schedule.

If you must work while you are recovering, do it via computer or telephone from home and limit it to a few hours each day.

Do not travel on public transportation when you are sick. The confined space of an airplane, or bus, for example, makes it quite possible that whenever you sneeze or cough, other passengers become infected.

The coronavirus and flu virus is airborne for up to 6 feet which means in a crowded bus you could infect four or five other people with every sneeze.

Stay prepared during the flu season. Make sure you have lots of fruit juice, light meals, and tissues on hand. Being sick and having to go to the store makes you feel worse and exposes others to your illness.

Pack up an emergency cold and flu kit in a container such as an empty shoe box so you know where everything is. You'll need aspirin, saline nasal spray, tissues, plastic sealable baggies to put the used tissues in, hand sanitizer, throat lozenges, bottled water, tea bags and the aforementioned juices. Sports drinks work but keep in mind that they can contain sugar, salt and caffeine. If you like also include a decongestant, and cough medicine.

You might also want to have instant soups on hand. The warmth and salt in the soups will sooth your throat and help clear congestion.

A humidifier is helpful as well. During winter when home heating systems are going full blast the air is dry and can irritate nasal passages. A humidifier in the room adds much needed moisture so you can breathe easier.

# What to Do If A Family Member Comes Down With Coronavirus or Flu

If a family member comes down with the coronavirus, including the Wuhan coronavirus or the flu, take steps to make sure it doesn't spread throughout the household. Just because one member is sick doesn't mean the whole family has to get sick.

Frequently disinfect the bathroom surfaces, doorknobs or other areas the family member suffering from the illness may have touched. Keep their toothbrush separate from other family members'. Make sure family members don't accidentally share drinking glasses.

Keep the patient at home. Going to work or school just spreads the coronavirus to more victims. The odds are the patient isn't going to be very productive whether they show up at work or not. Call the school to see if any work can be brought home for when the patient feels a little better.

Working at home is an option for those who can telecommute. Just remember that lots of rest is important to getting better.

Any area the infected person may have touched or coughed or sneezed on must be disinfected as long as the person is contagious, which can be as long as two weeks.

Even something as routine as family members drying their hands with the same towel can be a means of spreading the virus. Use paper towels in the bathroom and kitchen. Keeping your home as germ and virus free as possible year round is one of the best ways to make sure the possibility of family members becoming infected is minimized.

Keep a container of disinfectant wipes prominently displayed on the bathroom and kitchen counters. Instruct everyone to wipe down the door handles, faucet handles and counter tops whenever they use the bathroom. Sprays are messier and have to be wiped off anyway so the disinfectant wipes are better.

Buy bottles of hand sanitizer and place one in every room. There no excuse for not using it when it's right there. Do the same thing with a box of tissues. Sneezing is a main culprit in the spread of the corona and flu virus.

Keep a thermos filled with hot tea or other warm liquids, along with a carafe of water and perhaps a

couple of bottles of juice by the patient. Staying hydrated is important. If the liquid is right by the bedside your patient may be more likely to keep drinking.

Keep an eye on the patient for worsening symptoms. While most of us get over the coronavirus or the flu without any complications, others don't. Symptoms should start getting less intense after the first few days. If they worsen, it could be a sign of secondary infections. The very young and seniors are more prone to complications.

# Coronavirus and Flu Prevention: Does Vitamin C Prevent the Flu

It's cold and windy, you have the sniffles and think you might be coming down with a cold or even worse, the flu. If you're worried about contracting the flu or the coronavirus should you take extra Vitamin C?

There have been no studies that show the Vitamin C prevents the Flu or any other flu virus, shortens its duration or makes the illness milder. However, what Vitamin C does do is strengthen the immune system. Since the immune system is how the body fights off any virus, maintaining a strong immune system makes sense.

Vitamin C boosts the production of white blood cells, antibodies and interferon, all of which are critical to fighting the Flu and lots of other illnesses.

Keep in mind that most drug studies are conducted by pharmaceutical companies with the idea that if the drug is successful the drug company can patent the drug and make a nice profit. Vitamin C can't be patented, so there isn't much of an incentive for the studies about its effectiveness to be completed.



Vitamin C is found naturally in many foods such as oranges, lemons, limes, strawberries, and leafy greens. One of the best sources of Vitamin C is kiwi fruit. One small kiwi fruit has twice the Vitamin C as a medium orange. Many foods are fortified with Vitamin C, and of course it's available as a supplement.

Since the vitamin is water soluble it is not stored in the body. Any excess over what the body requires for that day is excreted. However any substance can be toxic if too much is taken at any one time, even water. For example: drinking extreme amounts of water can throw off the electrolyte balance of the body.

How much vitamin C is recommended? 60 mg is the recommended amount to take daily. However the body's requirement varies depending on your age, activity level, and exposure.

For example, people under stress, and smokers, require more. Many people believe that 500 mg is the optimum dosage. An orange has 70 mg of vitamin C. It would be a challenge to consume 500 mg just through foods. A 500 mg dosage means eating six oranges.

While vitamin C hasn't been shown to prevent the flu, it's still a good idea to make sure you and your family

get enough through diet and supplements during the flu season.

It makes sense to increase your level of vitamin C a few weeks before flu season and continue for a few weeks after flu season. That's approximately the winter months with a couple of weeks on either side.

# Is the Coronavirus Killed by Ultraviolet light?

The new Wuhan coronavirus has infected thousands with a death rate of somewhere around 2% to 3%.

Viruses are not alive the way a plant or an animal is alive. They do not consume, excrete waste product, grow, or react to their environment. They do however reproduce themselves, but only in a host cell. The virus is dormant outside the host cell and can live on inanimate articles up to 24 hours.

A specific type of virus will only reproduce in a specific type of host cell. In other words a rose plant can't get tobacco mosaic virus. There are viruses that affect just about every type of organism.

Viruses are the cause of the flu, ebola, HIV, rabies, herpes, the common cold, measles, chicken pox, polio, and of course the Wuhan coronavirus. Viruses are dangerous because they mutate. The mutation means that previous vaccines are useless against the new strain. It also means the new strain can be far more devastating in the damage it cause. The flu of 1917 started out as a flu with mild symptoms, mutated, and

killed nearly 50 million people worldwide in a relatively short period of time.

Ultraviolet light used in water purifiers and air filters does deactivate or kill viruses. Ultraviolet light represents the frequency of light between 200 nanometers (nm) and 400 nm. You can't see it with the naked eye. The most effective frequency for killing viruses and bacteria is between 254 nm and 265 nm.

The viruses are deactivated because the light causes genetic damage. The virus can no longer reproduce itself. Ultraviolet lights used in home filters need to be wiped off every six months. Some systems are closed and signal that the bulb needs to be changed. They use about the same amount of energy as a 40 watt incandescent bulb.

Should you use an air filter that uses ultraviolet light? That depends on how often you're exposed to people who may be sick, how much the air in your home is circulated, and other factors. Many modern homes are virtually sealed air systems in the winter when the heat is on or during the summer with air conditioning. This closed system doesn't allow the viruses to dissipate but keeps them trapped within your home.

# 3 Ways to Cut Down the Chances of Getting the Wuhan Coronavirus

The Wuhan coronavirus is primarily in China. However with worldwide travel we can expect to see more and more cases reported in other countries.

While it's scary to think of the Wuhan coronavirus traveling literally thousands of miles through infected patients, it is happening.

While the only way to completely prevent contracting the Wuhan coronavirus, or the flu, is to isolate yourself from friends, family and the public, you can cut down on the chances of you becoming sick. There are several common sense measures you can take to reduce the chances of coming down with Flu.

Wash your hands. A lot. It's one of the best and most effective ways to prevent disease. Wash your hands for at least 20 seconds using warm to hot water and soap.

It doesn't have to be an antibacterial soap because the Wuhan coronavirus is caused by a virus not a bacteria. The virus won't be killed.

The heat from the water and rubbing your hands together gets rid of the virus. If you are out and about and do not have access to soap and water use a hand sanitizer gel that is alcohol based. Use a generous dollop and rub on your hands until it evaporates. Wash your hands after you've been out in public.

Stay away from crowds. The coronavirus is airborne within a 6 foot distance. The virus is carried on water droplets that are expelled from the nasal passages, throat and lungs through sneezing, coughing and breathing. If you aren't where the crowds are you won't be exposed as much. If the flu season is especially bad and you're in the more at risk groups because of your age or damaged immune system, consider wearing an air filter mask when you're in crowds. Make sure you wash your hands after you remove the mask.

Do not touch your mouth or nose with your hands, use a tissue. The flu is spread through the virus being introduced to the host - that's you. If the virus is on your hand because you touched a surface that someone else did who had the virus and then you touch your nose or mouth you increase the chances of getting sick yourself.

Use the tissue only once and throw it away after usage. Don't touch door handles in public areas if you can help it, or stair rails, even grocery shopping carts can carry the virus for awhile. Many grocery stores now provide disinfectant wipes to clean the handles of the cart.

Use these common sense rules to decrease the chance you'll get sick from flu.

# Keep The Wuhan Coronavirus at Bay With a Healthy Lifestyle

One of the reasons the human body is so amazing is that it is always dealing with threats such as infection from bacteria or viruses—but most of the time we don't get sick because our immune system is working 24/7 to combat these threats.

Having a healthy immune system is one of the reasons many of us don't succumb to illness even during the normal cold and flu seasons of the year. Conversely, bad lifestyle habits can seriously weaken our immune systems and make us more susceptible to infection.

It is generally accepted that a number of factors completely under our control can help boost our immune systems.

Eating a balanced diet is one element of keeping your immune system strong. This includes making sure you get the right balance and dosage of vitamins, either from our diet or from vitamin supplements.

We are often told that when we're sick we should drink plenty of fluids, but drinking sufficient fluids is actually something we should do every day to help us



prevent getting sick in the first place. Liquids help the body flush toxins from the system.

Many times, germs such as the flu are swept from our respiratory system before they have a chance to multiply and cause us to become ill. All liquids count but water is the cheapest and most convenient.

Getting plenty of sleep is important. Fatigue makes it more difficult for your body to repair itself. Regular exercise is important not just for disease prevention in the short run but to make sure we maintain good health throughout our lives.

Chronic high levels of stress is thought to contribute to weakening the immune system, so employing stress management techniques not only can help us feel better mentally, but may also help our immune system work at top efficiency.

The Wuhan coronavirus is caused by a virus, so don't think that taking a course of antibiotics will lessen the symptoms or prevent infection. It won't. Antibiotics have no effect on any virus for that matter.

Antibiotics are effective in killing bacteria. What may be a little confusing is that your body produces antibodies against the virus when infected. But

antibodies are not at all the same thing as antibiotics.  
A strong healthy body produces lots of antibodies  
when invaded by the coronavirus.

A healthy lifestyle can boost the odds of staying  
healthy and avoiding diseases.

# The Wuhan Coronavirus: Stay Informed and Ready

A new disease can pop up any year -- remember the Swine Flu (N1H1) several years ago that swept across the country. Fortunately it had mostly mild, if uncomfortable, symptoms. Unfortunately, unlike annual flu, the swine virus seemed to affect younger healthy people with serious consequences including death. Seasonal flu, the Wuhan coronavirus, even the common cold (which is a coronavirus) can cause serious complications for the old and the very young. If you're worried about contracting these diseases there are precautions you can take such as washing your hands or using a hand sanitizing gel.

We have so many sources of information available to us these days that it is difficult to sort out what information is credible and which we should disregard. These three web sites are great tools:

Web Md: <https://webmd.com/>

CDC: <https://cdc.gov/>

WHO: <https://who.int/en/>

These websites are constantly updated with new information that you can rely on.

Your state and local health departments also have important information on their websites about areas where the flu outbreak is particularly concentrated, and about schools or other public facilities that may be temporarily closed. For example, a school closure occurred at a prep school in New York after eight students were found to have swine flu. Public health authorities may also provide advice on when to avoid crowds, where disease can be spread easily, when to consider postponing travel, or other social distancing strategies.

Keep informed by reading the newspaper and watching TV but keep in mind that these days the news media have a tendency to exaggerate bad news and ignore good news. For example if say 2,500 cases of a disease is confirmed the media may well have headlines that scream thousands of cases have been confirmed.

Planning ahead can help you cope with this situation as well. Make sure you have stocked up on food, medicine, alcohol based hand rubs, and other supplies you may need should you or your family come down with the flu. Have tea bags, crackers, chicken soup

mix, ginger ale, jello, and juices ready to go. Make sure you have tissues, decongestant spray, and throat lozenges on hand. If you are infected, you need to stay home and take care of yourself, not have to run out to the store where you could infect other people as well as tiring yourself out.

Being prepared may mean you don't contract the coronavirus at all.

# About Stephen B. Henry

Known by many online as the WordPress Wizard (the wiz) and the Coach's Coach, Steve is a published author, instructor, mentor, and online success guide. He has a keen interest in the sciences, from geology to quantum physics. He is also curious about meta physics and mysticism.

Because of this, it is not surprising the new coronavirus caught his attention. This publication is a result of that interest and curiosity.

In his business life, Steve works online with professionals, entrepreneurs, coaches, home-based business owners, and anyone looking to create a successful business online, whether it is an information blog, a professional or ecommerce business.

Steve's "I Can" Mission Statement:

"To give as much value as I can to as many as I can as often as I can for as long as I can!"

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