

DR. TOM'S CORONAVIRUS CHEAT SHEET

BE PROACTIVE, NOT PANICKED

HERE'S YOUR NO-NONSENSE GUIDE TO BEING PREPARED FOR THE **Coronavirus (COVID-19)**

Most cases of Coronavirus are mild. The more severe and deadly cases are usually in those with pre-existing medical conditions and poor immune function.

The spread of the Coronavirus looks like it's going to be much greater than we initially believed. While you may not be able to prevent yourself from being exposed to the Coronavirus, you can be proactive

and take simple, effective steps to optimize your immune function to minimize your risk of serious illness.

In this guide, I will arm you with accurate information and practical immune boosting tips, so you can minimize risk of exposure to Coronavirus and maximize your immune system's ability to protect you if you are exposed.

TOP 3 Tips to avoid getting the Coronavirus

1



Wash your hands often with soap and water for at least 20 seconds

Coronavirus is spread almost exclusively through respiratory droplets generated through coughing, sneezing or contact directly with mucous membranes, such as the eyes, nose or mouth. Regularly wash your hands with soap and water for at least 20 seconds. If no soap is available, use an alcohol - based hand sanitizer.

2



Avoid close contact with people who are sick

Chronic medical conditions, such as asthma, diabetes and heart disease, and those over age 70 are likely at highest risk of serious illness and should avoid large groups. If you're not sick and not a healthcare worker directly treating patients with Coronavirus, a mask is unlikely to help you. Please don't waste these resources. If you're feeling sick or have a cough, stay home. If you work in a larger office setting, see if you can work from home. If you have a cough, wear a mask and stay home as much as possible.

3



Avoid touching your eyes, nose, and mouth with unwashed hands

The virus can be spread by contact with a surface that has recently had respiratory droplets land on it. You may be at risk if you touch one of these surfaces and then touch your face. Daily cleaning of high-touch surfaces, such as doorknobs, handles, countertops, keyboards and bathroom fixtures, is a good preventive measure. Don't go overboard, but use common sense here. If you cough into your hands immediately wash your hands.

THE TIME TO START STRENGTHENING YOUR IMMUNE SYSTEM IS NOW



Instead of putting off and paying the price down the road, here are the little things you can do right now to protect and sustain your health before anything goes wrong.

TOP 5 Tips to strengthen your immune system



Sleep

Most adults need 7-9 hours of uninterrupted sleep each night. Younger children need more. Turn off the TV or tablet an hour early and get some extra ZZZs. Getting enough sleep is one of the most important ways to strengthen your immune system.



Eat a Rainbow of Veggies and fruit

Colorful foods are full of antioxidants and other health-supporting nutrients. Cut out the processed foods and sugars and opt for nutrient and fiber rich foods that promote optimal immune function.



Exercise and get fresh air daily

Regular moderate exercise outside in the fresh air is an amazing immune booster. Gentle exercise is a great way to stimulate your lymphatic system, which is a big part of your immune defense and helps remove toxins. If you don't regularly exercise, don't go nuts, just open the door and go for a 10-15 minute walk everyday. The fresh air and gentle movement is a great stress reliever which will help you sleep better too.



Chill out

Stress is a huge contributor to poor immune function. It can also disrupt healthy sleep patterns. Take some time to chill out each day. Give yourself 10-15 minutes (or longer) of pure white space where you can truly decompress - breathing, prayer, yoga, meditation, walking, running, cooking, reading. It really doesn't matter, it just needs to be time to chill and relax.



Take control of your health now

Incorporate these simple actions now so you can avoid the panic surrounding the Coronavirus and put your energy into optimizing your health.



Dr. Tom Moorcroft is an international speaker, founder and Chief Medical Officer of Origins Of Health and Samara Health and has over 25 years experience in the medical field. Dr. Tom is a trusted medical resource because of his Proactive, Pragmatic and Practical approach to Health and Healing. You can find out more about him and his unique approach to healing at www.OriginsOfHealth.com.

If you want a more in-depth review of what's going on with the Coronavirus, how to protect yourself from getting the virus, and practical, effective steps to optimize your immune system so you minimize your risk of serious illness if you are exposed to the Coronavirus, check out my **Coronavirus (COVID-19)** update page. At the top I'm posting the most important Coronavirus updates. Below that you'll find the main article "**Coronavirus COVID-19 & Tips to Stay Safe during the Pandemic.**" It's a 9 minute read and I've included some of my family's personal favorite immune supporting nutrients and natural products at the end. This bonus section takes about 4.5 minutes to read.

Here's to Your Optimal Health,

Dr. Tom