

It is quite concerning to see the now very significant uptick in coronavirus cases almost all around the world. It is also worthwhile to note that there are still things we do not know about this virus, as of yet. So these recommendations can change in the future as our knowledge and understanding of this novel coronavirus increases.

- 1) Wearing Masks wherever outside at ALL times. This is critically important.  
Also equally important to use masks appropriately :
  - wash hands before putting on a mask and after removing them
  - make sure they are close fitting with no gaps
  - make sure you push them close over your nose bridge and below your chin
  - avoid reusing disposable masks
  - try to handle masks by their strings only, avoiding touching the main surface
- 2) New : Whenever possible, and available, consider wearing a reusable Face Shield as well, esp if inside a building with multiple people, like big stores etc. Or wear tight fitting swimming / Skiing glasses. Wash your hands before putting them on and before taking them off. Face shields can be cleaned by wiping down with disinfectant. Glasses to be cleaned with soap and warm water.
- 3) New: Consider wearing disposable gloves when outside - throw just before getting back into your car.
- 4) Regular hand washing with soap and water is VERY important. Especially when coming home from outside, or even at work or at home, multiple times a day.
- 5) Get into the habit of washing your entire face well too, especially upon coming home. Or at your workplace if have been among other people.
- 6) Have a hot shower when you come home.
- 7) Leave your shoes outside in the garage Or any secure, separate place inside.
- 8) Be sure to wipe down your cellphone, wallet etc with any disinfectant wipes - any stuff that you used when you were outside.
- 9) Limit unnecessary outings.
- 10) And consider taking these daily : Vit C 500 to 1000 mg, Vit D 1000 to 2000 U, Black seed oil 500 to 1000 mg. These are just to boost one's immunity only.