

Self-Check Every Morning



Update 1 : Common Signs

1. If you have a runny nose and sputum you have a common cold.
2. Corona virus pneumonia is a dry cough with no runny nose.
- 3 This new virus is not heat resistant. It hates the sun. Take care during the spring and in air-conditioned environments.
4. If someone sneezes it takes about 10 ft before it drops to the ground.
5. If it drops on a **metal surface** it will live for at least **12 hours** 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 to 12 hours** and 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** as the virus can only live on your hands for 5 to 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 and a simple solution of salt in warm water will suffice.
10. **I can't emphasize enough to drink plenty of water.**

Update 2: The Symptoms

1. **It will first effect the throat** so you'll have a sore throat lasting 3/4 days.
2. **The virus then will blend into a nasal fluid** that enters the trachea and then the lungs causing pneumonia this takes about five to six days or further.
3. **With the pneumonia comes high fever** and difficulty in breathing.
4. **The nasal congestion is not like the normal kind** and you feel like you're drowning then seek immediate attention.

Update 3: Self-Check

The new coronavirus may not show sign of infection for many days. How can one know if he or she is infected by the time they have fever and or cough and go to the hospital the lung is usually 50% fibrosis and it's too late.

Experts provide a simple self check that we can do every morning take a deep breath and hold your breath for more than 10 seconds without coughing or without discomfort, stiffness, or tightness Etc. If there is no fibrosis in the lungs it basically indicates no infection in critical time. Please self check every morning in an environment with clean air. Everyone should ensure your mouth and throat or moist never drying take a few sips of water every 15 minutes. If the virus gets into your mouth drinking water or other liquids will wash them down through your throat and into the stomach. Once they're in your stomach acid will kill all the virus.

If you don't drink water more regularly the virus can enter your windpipe and into the lungs and that's very dangerous. Please do everything to ensure your safety during this pandemic.

For more accurate and update to information:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>