

The Chinese now understand the behavior of the COVID-19 virus thanks to autopsies that they have carried out. This virus is characterized by obstructing respiratory pathways with thick mucus that solidifies and blocks the airways and lungs. So, they have discovered that, in order to be able to apply a medicine, you have to open and unblock these airways so that the treatment can be used to take effect. However, all of this takes a number of days. Their recommendations for what you can do to safeguard yourself are:

1. Drink lots of hot liquids: coffee soups, teas, warm water. In addition, take a sip of warm water **every 20 minutes**, because this keeps your mouth moist and washes any of the virus that's entered your mouth into your stomach where the gastric juices will neutralize it before it can get to the lungs.
2. Gargle with an antiseptic in warm water like vinegar or salt or lemon every day, if possible.
3. The virus attaches itself to hair and clothes. Any detergent or soap kills it. But you must take a bath or shower when you get in from the street. Avoid sitting down anywhere and go straight to the bathroom or shower. If you cannot wash your clothes daily, hang them in direct sunlight which also neutralizes the virus.
4. Wash metallic surfaces very carefully because the virus can remain viable on these for **up to 9 days**. Take note and be vigilant about touching handrails and door handles etc. I guess within your own house as well you can make sure that you are keeping those clean and wiping them down regularly.
5. Don't smoke.
6. Wash your hands **every 20 minutes** using any soap that foams. Do this for **20 seconds** and wash your hands thoroughly.
7. Eat fruits and vegetables. Try to elevate your **zinc** levels, not just your **vitamin C** levels.
8. Animals do not spread the virus to people. It is person to person transmission.
9. Try to avoid getting the common flu. Because this already weakens your (immune) system. And try to avoid eating or drinking cold things.
10. If you feel any discomfort in your throat, or a sore throat coming on, attack it **immediately** using the above methods. The virus enters the system this way and remains for three or four days within the throat before it passes into the lungs.

Good luck to everyone! Take care of yourself and pass this information along if you wish.