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COVID-19 (the disease caused by the SARS-CoV-2 coronavirus) is a hot topic in the news and has created a lot of anxiety due to the rapid change in infection rates and mortality. And the numbers keep changing.

Our approach to managing this high degree of uncertainty is to focus on what we can control; we call it the “Triple-A Defense.”

1. Awareness    2. Avoidance    3. Action

## Awareness

COVID-19 is an illness caused by a coronavirus. These viruses are common and are typically associated with mild illness, similar to the common cold. Most patients with COVID-19 have experienced mild to severe respiratory illness. Symptoms can include fever, cough, and shortness of breath. Symptoms may appear 2–14 days after exposure.

Coronaviruses are spread from an infected person through:

- Respiratory droplets from a cough or sneeze;
- Close personal contact, such as touching or shaking hands; and
- Touching something with the virus on it, then touching your eyes, nose, or mouth before washing your hands.



There is no vaccine or treatment to prevent coronaviruses. The good news is that most people with common coronavirus illness will recover on their own.

In the most severe cases, people with the virus can develop difficulty breathing and may ultimately experience organ failure. Sadly, some cases are fatal. Given its recency, it is difficult to estimate how fatal the virus is. On March 3, 2020, world health officials stated that globally, the mortality rate for those infected with COVID-19 is 3.4%, higher than previous estimates of about 2%. This is higher in older populations and people with weak immune systems. To give a perspective, according to the CDC, on average over the last 10 years, seasonal flu strains kill about 0.1% of people who become infected.

## Avoidance

### Top 10 Recommendations to Take Care of Your Health and Protect Your Loved Ones



Wash your hands frequently. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds. This kills viruses that may be on your hands.



Clean regular items that touch your hands and face. Use an alcohol cleaning wipe to clean your cell phone and TV remote.



Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately.



Avoid touching eyes, nose, and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth.



Sanitize your hands after touching money or using ATMs.



Avoid heavily crowded areas and maintain at least 1 metre between yourself and anyone who is coughing or sneezing.



Avoid shaking hands. Hands are an effective carrier of respiratory viruses. Switch to a fist bump instead of a handshake.



Avoid touching public handrails, elevator buttons, and shopping-cart handles with your bare hands. If you must use them, remember to sanitize or wash your hands afterwards.



Avoid travel to high-risk countries.



Blowing out birthday cake candles is not a good idea.

Two great sites to keep updated of the COVID-19 developments are:

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## Action

COVID-19 is dangerous for people with a compromised immune system. Maintaining good health and a healthy immune system is always a good idea. Eating a well-balanced diet, getting plenty of sleep, staying physically active, and keeping stress levels in check can help do so. If you require additional support, these natural products can help.

- **Build your immune system with vitamin D.** It plays a crucial role in activating T cells, the first line of defense of the immune system.



- **Strengthen your immune response with probiotics.** Your intestinal flora is linked to the production of T lymphocytes. A multistrain probiotic can effectively strengthen the intestinal flora. The key is to release live active probiotics into the small intestine. Only refrigerated probiotics protected by an enteric coating can effectively do this.
- **Stop infections with green tea.** Green tea has been reported to provide various health benefits against numerous diseases and has antiviral effects.



- **Strengthen your immune system with therapeutic mushrooms.** They produce various molecules which act on viruses.



- **Optimize your immune response with vitamin C.** Studies indicate that vitamin C may alleviate or prevent infections caused by bacteria, viruses, and protozoa. It also optimizes the action of therapeutic mushrooms and quercetin.



- **Use quercetin for the maintenance of good health.** This antioxidant is strongly supported by research in Canada and China as reported by *MacLean's*, *CBC*, and *Radio-Canada*.
- **Maintain a healthy immune system with astragalus.** It is used in herbal medicine. It has many purported health benefits, including immune-boosting, antiaging, and anti-inflammatory, and it is used to treat the effects of common cold.



## Conclusion

If you have fever, cough, and difficulty breathing, seek medical care immediately. Calling in advance may allow your health-care provider to quickly direct you to the right health facility. Wearing a medical mask will help stop you from spreading viruses and other infections.

Stay home if you feel unwell. Follow the directions of your local health authority.

Get empowered, minimize your risk, implement your own “Triple-A Defense.”