

Part 2: Coupons, Deals and Helpful Household and Immune Boosting Tips to Keep you Healthy during COVID-19

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Here are some helpful household tips to help you during this pandemic to stay safe at home,

Abbreviations

COVID-19	Coronavirus: (CO rona V irus D isease), SARS-Cov-2
MPR	Microparticle Performance Rating
MERV	Minimum Efficiency Reporting Value
Quercetin	A plant pigment (flavonoid) found in many foods shown to have benefits for upper respiratory infections, allergies, disease prevention

1. **HOME AIR QUALITY:** Coronavirus is a respiratory virus.
 - 1.1. If you are disinfecting your surfaces and washing clothes but neglect to change your home air filter, you are not completing the safe home picture.
 - 1.2. If you are not sure which kind of filter to buy, Filtrete has a wonderful, easy to read and understand chart to help you find the best one for your needs and also does a great job of explaining the filter rating system based on MPR and MERV.
 - 1.3. https://www.filtrete.com/3M/en_US/filtrete/about-us/the-right-filter-for-you/
 - 1.4. Check out the Special offers section https://www.filtrete.com/3M/en_US/filtrete/special-offers/
 - 1.4.1. Mail in rebate pdf form for the purchase of Filtrete filters with high ratings
 - 1.4.2. And while you are cleaning your home check out these printable coupons for 3M products such as Nexcare bandages, Ace brand bandages, Post-it notes, etc.
 - 1.5. If you smoke or vape: QUIT
 - 1.5.1. In North Carolina, there is a great website with tons of helpful FREE resources, 24/7 phone line, Web coach and several language options including Spanish to help you quit and sustain the non-smoking status <https://www.quitlinenc.com/>
 - 1.5.2. Contact your local health department for similar Stop Smoking help in your state
 - 1.6. Avoid second hand smoke situations or limit exposure if possible
2. **PROTECT YOUR SHIELD**
 - 2.1. ALWAYS MOISTURIZE YOUR HANDS AFTER REPEATED HAND WASHING OR USE OF HAND SANITIZER.
 - 2.2. Dry skin can lead to breaks in the skin which is the same as having a hole in your first shield and largest organ- THE SKIN!
3. **MASKS and FACE COVERINGS**
 - 3.1. Face coverings should include the main routes of respiratory infection: nose and mouth.
 - 3.2. Find one that is comfortable to you and fits well without gaps
 - 3.3. Keep at least 2 extra sets of your favorite face covering so there is always ample time to have a clean one on hand.
 - 3.4. For washable masks and face coverings, I suggest avoiding artificially scented laundry products. Artificial scents can irritate your face or cause skin and/or respiratory sensitivity reactions that would seem to mimic virus/allergy symptoms (runny nose, cough, headache, etc.).

- 3.5. I prefer to use Dr Bronner's or other glycerin or castile soaps -either liquid or bar. I use the unscented or the peppermint for a relaxing scent that helps me breathe during this time of summertime allergy symptoms.
- 3.6. Even while at home when you most likely are not wearing a face covering, remember to still cover your cough or sneeze (it is allergy season) with your elbow or a tissue/cloth (that you wash or discard in the trash). Then wash your hands with soap and water followed by moisturizing your hands.
4. **THINGS YOU CAN DO TO FORTIFY YOUR IMMUNE SYSTEM** based on recent research information about potential helpfulness against COVID-19 and the annual upcoming flu season.

4.1. **Stress Relief (Also see #5 Mental Health)**

- 4.1.1. Spend time each day being thankful. Set aside time each day to count your blessings.
- 4.1.2. Find a healthy activity each day that provides you stress relief.
- 4.1.3. To avoid being overwhelmed with stress, limit time spent reading/watching negative news/social media

4.2. **Flush out your nose with a saline wash daily.**

- 4.2.1. This is also a good practice for those of us with seasonal allergies/sinus issues.
- 4.2.2. One of my favorite brands is Neil Med (also a recommended brand by my ENT doctor). Purchase in stores like CVS, Walgreens, Wal-Mart, Target, etc. or you can order online via <http://www.neilmed.com/usa> and get FREE shipping for any order over \$20. Enjoy the best saline sinus products for allergies and at a great price. Neil Med Sinus Rinse has been a favorite of my family for years especially our children were young and had anxiety about a saline flush they hated the nasal drops). I would let them squirt the bottle in the air first and enjoyed the thrill of watching it reach the bathroom ceiling. I too found it fun to watch. It alleviated their anxiety about nasal saline flushes to help them feel better and obtain relief from nasal congestion.
- 4.2.3. Another favorite brand is Arm & Hammer's Simply Saline. There are versions for babies, children and adults <https://www.armandhammer.com/personal-care/nasal-saline-solutions>
- 4.2.4. Sign up for coupons from Arm & Hammer in your email at <https://www.armandhammer.com/en/coupons-and-tips>

4.3. **Drink more water!** Limit sodas as they can dehydrate you and leave you feeling icky

- 4.3.1. Stay hydrated. If you have allergies or are sick, staying hydrated with water is the best way to feel better faster.
- 4.3.2. I am frequently asked what is the best brand/type of water to drink.
- 4.3.2.1. ANSWER: The one that tastes good to you that you will drink often 😊
- 4.3.3. I am frequently asked what TEMPERATURE water is best for hydration and health?
- 4.3.3.1. ANSWER: The temperature that you like best and will drink often 😊

4.4. **Make some Vitamin D**

- 4.4.1. Get some natural sunlight everyday even if through an open window or in the fresh air outdoors.
- 4.4.2. Yes, opening your blinds/shades to let outside light in even on a cloudy day.
- 4.4.3. During the summertime months 10-15 minutes is sufficient for fair skinned people.
- 4.4.4. Those of us with darker complexions may need more time to make as much vitamin D.

4.5. **Consume some Vitamin D**

- 4.5.1. Vitamin D fortified cow, almond, soy, milks, fatty fish such as sardines and salmon, cod liver oil, egg yolks, and mushrooms exposed to sunlight just before harvest are good food sources of Vitamin D. I keep dried shitake mushrooms (www.amazon.com) on hand to add to foods for great umami flavor that also has additional nutritional benefits.

4.6. **Enjoy more foods high in Quercetin**

4.6.1. Food high in quercetin include onions (highest), apples, honey, raspberries, onions, red grapes, cherries, citrus fruits, and green leafy vegetables

4.6.2. An apple a day keeps the doctor away!

4.6.3. Basically, eat more fruits and vegetables that you enjoy. It will have health benefits including weight loss

4.6.4. Invest in reusable mesh produce bags. I bought a set and LOVE them! No more cheap plastic bags breaking and spilling your fruits all over the car or refrigerator.

4.7. Avoid junk foods as much as possible. Always flip over the package and read the ingredients. If you don't understand the ingredients, just put it back.

4.7.1. However, if you are having a persistent stressful craving for some junk food, do not buy the family size portion. Buy the smallest portion and get that craving out of your system. Then you can more easily resume enjoying healthy healing foods such as your favorite fruits and vegetables.

5. **Maintain your MENTAL HEALTH**

5.1. Call someone when the person is on your mind even if just to say "I love you and was thinking about you". You never know the person you are thinking about could be felling stressed or sad at that time. What a deal. 2 people happy from only ONE phone call 😊

5.2. Perform a Drive-by Love Visit to someone who is missing seeing people, especially shut-in seniors. Wear a mask, call first, wave, give an air hug. You will both won't be able to stop smiling for minutes to days.

5.3. Send a picture of your smile to someone that only sees you in a face covering. It is amazing how you miss seeing people smile at you as everyone is wearing a face covering.

5.4. **START A GARDEN**

5.4.1. Start and maintain a garden even if it is a small herb window version.

5.4.2. If you are like me and have a black thumb, sponsor a young person to help or to do it for you. You both reap the benefits of the harvest, having a regular purpose/focus activity when other social outlets are closed, exercise, sunlight (Vitamin D) and a socially distant connection to someone.

5.5. **HAVE SOME OUTDOOR SOCIALLY DISTANT PLAY TIME:** For both Adults and children

5.5.1. I love bubbles. Bubble wands are one of my favorite inexpensive ways to have fun outside as you can just wave them around and avoid blowing bubbles.

5.5.2. Taking a daily walk, bike ride, skateboard ride, etc. (weather permitting) with family. Only engage at a part of the day that has comfortable temperatures to you. Some local parks are open (some by appointment only) for socially distant hiking or fishing. Check your local resources for their COVID-19 access options.

Stay tuned for Part 3: My favorite natural remedies for when you do get sick with allergies, or viruses such as cold, flu, (possibly) COVID-19

The Take Back Tour is the Health Ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC.

www.thetakebacktour.com

<https://burlingtonphiladelphianc.adventistchurch.org/ministries/health>

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