

Hope it's of interest, take care.



On 23 Mar 2020, at 14:42, Susan Bryce  
<[brycey60@tiscali.co.uk](mailto:brycey60@tiscali.co.uk)> wrote:

----- Original Message -----

From: brycey60 <[brycey60@tiscali.co.uk](mailto:brycey60@tiscali.co.uk)>

To: [brycey60@tiscali.co.uk](mailto:brycey60@tiscali.co.uk)

Date: 23 March 2020 at 13:18

Subject:

At The Princess of Wales hospital. NHS staff  
have been sent this:

This is the advice given to hospital staff.  
It explains the virus and hopefully, how to  
prevent getting it.  
Please share with family, friends and work  
colleagues.

Virus Detection:

**The simplest way to distinguish Coronavirus  
from a Common Cold is that the COVID-19  
infection does not cause a cold nose or cough  
with cold, but it does create a dry and rough  
cough.**

The virus is typically first installed in the throat  
causing inflammation and a feeling of dryness.  
This symptom can last between 3 and 4 days.  
The virus typically then travels through the  
moisture present in the airways, goes down to  
the trachea and installs in the lungs, causing  
pneumonia that lasts about 5 or 6 days.  
Pneumonia manifests with a high fever and  
difficulty breathing. The Common Cold is not  
accompanied, but there may be a choking  
sensation. In this case, **the doctor should be  
called immediately.**

Experts suggest doing this simple verification  
every morning: Breathe in deeply and hold your  
breath for 10 seconds. If this can be done  
without coughing, without difficulty, this shows  
that there is no fibrosis in the lungs, indicating  
the absence of infection. It is recommended to  
do this control every morning to help detect  
infection.

**Prevention:**

The virus hates heat and dies if it is exposed to temperatures greater than 80°F (27°C). Therefore hot drinks such as infusions, broths or simply hot water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest. Avoid drinking ice water or drinks with ice cubes.

Ensure that your mouth and throat are always wet, never DRY. You should drink a sip of water at least every 15 minutes. WHY? Even when the virus enters water or other liquids through the mouth, it will get flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.

For those who can, sunbathe. The Sun's UV rays kill the virus and the vitamin D is good for you. The Coronavirus has a large size (diameter of 400-500 nanometers) so face masks can stop it, no special face masks are needed in daily life. If an infected person sneezes nearby, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you. When the virus is on hard surfaces, it survives about 12 hours, therefore when hard surfaces such as doors, appliances, railings, etc. are touched, hands should be washed thoroughly and/or disinfected with alcoholic gel. The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die. The transmission of the virus usually occurs by direct infection, touching fabrics, tissues or materials on which the virus is present. Washing your hands is essential. The virus survives on our hands for only about 10 minutes. In that time many things can happen, rubbing the eyes, touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them. You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs. Disinfect things touched often: mobile phone,