

# COVID-19 SAFE PRACTICES

Stay Healthy. Stay Happy.

## VITAMINS

Make sure you eat healthy and take your vitamins. The best vitamins for fighting viruses are vitamins C, D, Zinc, Magnesium and Melatonin.



NUTRITIONAL ADEQUACY FOR HEALTHY IMMUNE FUNCTION IS THE MOST IMPORTANT FEATURE IN PREVENTING THIS DISEASE OR ENSURING LESS SEVERITY



## HAND WASHING

Make sure to keep your hands clean, but avoid chemically-laden hand sanitizers. Soap and water are always best.

## SOCIAL SAFETY

Make sure to hug your friends and family if, you're feeling well, every day in order to stay healthy mentally, emotionally and psychologically.



## FACEMASKS

Make sure to breathe lots of fresh air all day every day. Avoid facemasks and recycled air as much as possible.

## CLEANLINESS

Be sure to use only natural plant or herbal-based cleaning products in your home & workplace. Overuse of harsh chemicals cause more harm than good.



## TRUST



Make sure you replace fear of a virus that has a 99.97% global survival rate with a love for your immune system and your fellow man

[www.worldometer.com](http://www.worldometer.com).

**REMEMBER:** HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY.

Trust your gut.  
Do your own research.  
**Know Better  
Do Better**