



Town of Easton, Connecticut
Commission for the Aging
Easton Town Hall
225 Center Road
Easton, CT 06612

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CORONAVIRUS DISEASE 2019 (COVID-19)

We are sharing some information discussed today by Dr. Mehmet Oz, host of the "Dr. Oz Show". While speaking this morning, Dr. Oz offered these extra tips on how to protect yourself against the virus.

- Avoid close contact with others, such as hugging, kissing, or shaking hands. Simply acknowledge a person with raised hand in salutation. Handshaking transfers 10 times more germs than fist-bumping, but also discouraged fist-bumping. "A fist bump passes one-tenth the germs as a firm handshake," Dr. Oz said on Monday. He also encouraged people to "embrace the power of a good head nod."
- Wash your hands with soap and water for twenty seconds and use hand sanitizer with at least 60 percent alcohol. Good hand hygiene can reduce the spread of colds and flu
- Disinfect surfaces by using disinfectant sprays instead of wipes, which can spread germs from one surface to another. It is advised to let the surface remain wet for three minutes prior to drying.
- Get at least seven hours of sleep a night.
- Exercise regularly, aiming for 30 minutes every other day.
- Improve your air quality by using a humidifier because viruses dislike humid air.
- When you are on an airplane, sit next to the window: "It's better for you because that germ zone is that little limited area," which includes the row before and after you, he noted. "The air that comes in from outside is actually pretty clean."
- Meditate because that can support your immune system.
- Eliminate face touching.

- It is encouraged to have a two-week supply of essential items, including freezer-friendly food items and non-perishable foods, medications and household supplies, including toilet paper, soap and detergent.
- Eat foods and take vitamins that support the immune system. Eating leafy greens and fruits high in vitamins like citruses, blackberries, and kiwi provide your body with essential vitamins and minerals.
- Get the flu shot to avoid confusing seasonal flu with COVID-19.
- If you are sick, take 80 milligrams of zinc daily, 250 milligrams of vitamin C twice daily, 250 milligrams of beta-glucan daily and take elderberry syrup or lozenges four times a day for five days.

For more information, please visit the following websites:

- <https://www.doctoroz.com/article/how-care-older-family-members-amidst-coronavirus-scare>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- <https://www.nih.gov/health-information/coronavirus>
- <https://www.hhs.gov/>
- <https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Current-Emergencies/Current-Emergencies-page>
- <https://www.hud.gov/>
- <https://portal.ct.gov/Coronavirus>

Above article courtesy of Dr. Oz and FoxNews

- <https://www.foxnews.com/media/dr-ozs-coronavirus-survival-guide>

Take care of yourself and follow the recommended preventive action procedures.