

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat for 3 to 4 days
2. The virus then enters the trachea causing pneumonia. Seek help immediately!

The virus may not show sign of infection for several days. How can one know if he/she is infected?

Take a deep breath and hold your breath for more than 10 seconds. If you complete this successfully without coughing, without discomfort, stiffness or tightness, etc. it proves there is no fibrosis in the lungs, which basically indicates no infection. In critical times, please self check every morning in an environment with clean air.

Serious excellent advice from Japanese doctors treating COVID-19 cases :-

Everyone should ensure your mouth and throat are moist, never dry. Take a few sips of water every 15 minutes. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash it down through your throat and into the stomach. Once there, your stomach acid will kill the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and get into the lungs. That's very dangerous

Coronavirus - Important Announcement

1. If you have a runny nose and sputum, you have a common cold.
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat resistant and will be killed by a temperature of just 26/27 degrees. It hates the sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours. So if you come into contact with any metal surface wash your hands as soon as you can with a bacterial soap.
6. On fabric it will survive 6 to 12 hours – normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can live on your hands for 5 – 10 minutes.
9. You should also gargle as a prevention. A simple solution of salt and water is OK.
10. Can't emphasise enough - Drink plenty of water!