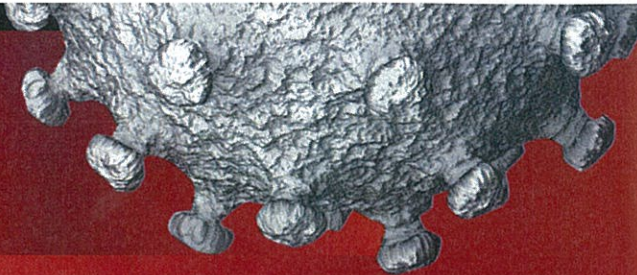


# DR. OZ'S CORONAVIRUS SURVIVAL PROTOCOL



## LIFESTYLE

### GET ENOUGH SLEEP



- > 7 HOURS PER NIGHT

### EXERCISE REGULARLY



- AIM FOR 30 MINUTES EVERY OTHER DAY

### IMPROVE YOUR AIR QUALITY



- VIRUSES DISLIKE HUMID AIR SO USE HUMIDIFIER
- HEPA FILTERS DECREASE THE NUMBER OF VIRUS PARTICLES IN THE AIR

### MEDITATE



- MAY SUPPORT IMMUNE SYSTEM

## HYGIENE

### HANDSHAKES ARE CANCELLED



- HANDSHAKING TRANSFERS 10X MORE GERMS THAN FIST-BUMPING
- EMBRACE THE POWER OF A GOOD HEAD NOD

### ELIMINATE FACE TOUCHING



- CORONAVIRUSES TYPICALLY LIVE FOR OVER A WEEK ON MANY SURFACES
- FINGERS TRANSFER THE VIRUS TO YOUR EYES, NOSE, OR MOUTH DOZENS OF TIMES PER HOUR

### TRIPLE YOUR HANDWASHING TIME



- ONLY 5% OF US WASH OUR HANDS WITH SOAP AND WATER FOR 20 SECONDS
- USE HAND SANITIZER WITH AT LEAST 60% ALCOHOL

### DISINFECT SURFACES



- USE DISINFECTANT SPRAYS INSTEAD OF WIPES, WHICH CAN SPREAD GERMS FROM ONE SURFACE TO ANOTHER
- LET THE SURFACE REMAIN WET FOR 3 MINUTES PRIOR TO DRYING

## PREPARATION

HAVE A TWO-WEEK SUPPLY OF ESSENTIAL ITEMS, INCLUDING:

### HOUSEHOLD SUPPLIES



- TOILET PAPER, SOAP, DETERGENT

### FOOD



- TRY FOR SHELF-STABLE PANTRY GOODS AND FREEZER-FRIENDLY ITEMS

### MEDICATIONS



- PRESCRIPTION & O.T.C.

## IMMUNITY SUPPORTS

START NOW

### EAT YOUR FRUITS AND VEGETABLES



- EATING LEAFY GREENS AND FRUITS HIGH IN VITAMINS LIKE CITRUSES, BLACKBERRIES, AND KIWI PROVIDE YOUR BODY WITH ESSENTIAL VITAMINS AND MINERALS

### VITAMIN D3



- 1200 IU DAILY

### GET THE FLU SHOT



- TO AVOID CONFUSING SEASONAL FLU WITH COVID-19

IF YOU'RE SICK

### ZINC



- 80MG DAILY

### VITAMIN C



- 250MG TWICE DAILY

### BETA-GLUCAN



- 250MG DAILY

### ELDERBERRY



- SYRUP OR LOZENGES FOUR TIMES A DAY FOR 5 DAYS