

**State Line SDA Church**  
**27272 Main St. Ardmore, AL**

**WHAT CAN YOU DO TO PROTECT YOURSELF FROM THE SPREAD OF THE COVID-19 (CORONA) VIRUS (PREVENTIVE MEASURES)**

We hope this information is a blessing to you and your family and friends. For more information and/or prayer contact us at [personal\\_ministries@yahoo.com](mailto:personal_ministries@yahoo.com) or call/text us at **256.457.9741**.

Summary: Viruses are not “living” but rather, they thrive in a living host (human in this case) to reproduce itself thus infect and cause “dis-ease”. One liter of sea water has 100 billion viruses yet our immune system can easily defend us from invasion. The unique aspect of this virus is the coating on the outside of the virus. This protein coating makes it “cloak” or protect itself from our usual immune response. Research is being done to investigate penetrating that coating and thus reveal/expose the virus to the human immune system.

**The Best Measures to Boost the Immune System:**

1. It is recommended to reduce or eliminate all processed foods
2. It is best to eliminate processed sugar and foods with added processed sugar. Processed sugar robs the body of valuable immune system resources. The body sees processed sugar as an invader and seeks to destroy it.
3. It is highly recommended to eat a plant-based diet.
4. Get plenty of sleep (8 hours) at the right time in order to rejuvenate the body. The best hours for sleep are between **9pm and 6am**. From **10pm to 2am** are the most important hours for our immune system and brain health. Sleep with a window cracked in your bedroom – The virus attacks the respiratory system and you need fresh air to keep the lungs healthy and circulate stale air while sleeping. Doing this is very important.
5. Get 20 minutes of sunshine per day as long as you are physically able to do so. If you live in an area where sunshine is lacking, or on overcast days, you can get a Vitamin D3 supplement and take up to 5,000 IU per day.
6. Get more exercise now that going to public places is not recommended take this time to improve your muscle mass and endurance and lose unwanted weight.
7. For those who are healthy enough – fasting for 14 hours is an excellent immune boost. For example: Eat your first meal (preferably largest, consisting of fruits, nuts, grains, plant based milk) at 9am then your second meal at 3pm then don't eat again until the following day. Your gut contains 80% of your immune systems functionality. When we are digesting food it is diminished...it takes five hours to typically digest a meal. Do not eat snacks or eat between meals.
8. Drink half your weight in ounces of water. Example: If you weigh 200lbs. drink 100 ounces of water. Hydration has been highly suggested during this outbreak to keep your natural fluids protecting your mucus membranes and sinus passages.

9. Anti-oxidants are valuable for the immune system. Eating berries, fruits and fresh vegetables are excellent. As fresh fruit may become difficult to get in the coming weeks you can get some supplements online such as Resveratrol, Beta carotene, Vitamin E etc. Check online for more information.
10. Exercise your faith and be more patient than usual, more kind than usual, more understanding than usual, more loving than usual. Many people do not do well under stress and the unknown. This is a time for people of faith to shine like no other time. The little things matter. Opening doors, smiling, saying thank you, asking someone working how there day is going, giving gifts, calling people to check on them. All of these things are valuable in the sight of God.
11. Read Psalms 46:1-3 and 91:1-7, then watch God move in your life. Pray for God's protection for you and your loved ones based on this verse. Develop a personal relationship with God.

### **SOCIAL DISTANCING AND HYGEINE:**

Many of you have probably heard the importance of washing your hands frequently and keeping a safe distance (6 feet) from individuals. This is very important. If you must stand in line, stand a ways back from a person, being aware of who is around you and there general well-being can be important as well. But always be kind one to another.

The CDC says that 3% hydrogen peroxide was able to inactivate Rhinovirus and Corona virus within eight minutes. When you pour the substance directly on surfaces like your sink, countertops or toilets, you'll need to let it soak for around 10-15 minutes. This will give it time to completely do its job. After you let it sit, scrub the area and then rinse with water. A thorough washing can do a great deal of good. Very warm water and wash your hands for 2 to 3 minutes with lots of lather. The CDC says your usual laundry detergent is sufficient to clean your clothes. Bleach works but is toxic also.

One theory is that the virus was transferred from animal to human. It may be that a plant-based diet could dramatically reduce the likelihood of becoming infected with the virus.

***Disclaimer: This information is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.***