

In health,
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PREVENTION STRATEGIES TO CONSIDER (aside from all the good public health measures you should be doing)

- Perfect time to cut down on alcohol and sugar and refined foods
- Vitamin C 1,000mg
- Vitamin D, 2,000IU-5,000IU depending on your status
- Zinc 10-15mg
- Elderberry (*Sambucas nigra*) one teaspoon syrup daily
- Mushroom Immune Formula that has several mushrooms, 2-3 times a week
- Resveratrol (may work with MERS-Cov) 500mg
- Good rest, and enough sleep
- Stay hydrated
- Don't panic

STRATEGIES TO CONSIDER IF IN CONFINED SPACE (Ship/airplane/triage center with close proximity to others/jail, etc) (aside from all the good public health measures you should be doing)

- Same as above, but double everything
- Use of Zinc/propolis lozenges during confinement
- There are any number of throat sprays that contain antiviral antibacterial herbs, to take when you board the confined space. These can contain *Echinacea angustifolia* & *purpurea*, Propolis, *Hyssopus officinalis* (hyssop), *Zanthoxylum clava-herculis* (southern prickly ash bark), *Monarda fistulosa* (wild bergamot/beebalm), *Ligusticum porteri* (osha),

STRATEGIES TO CONSIDER IF EXPOSED OR IF MILD SYMPTOMS (aside from all the good public health measures you should be doing)

- Same as above, at the same dosage as above.
- Elderberry teaspoon syrup three teaspoons daily
- Mushroom Immune Formula that has several mushrooms, 2 times a day
- Resveratrol (may work with MERS-Cov) 500mg, three times a day
- Vitamin A 10,000IU
- *Ligusticum* ½ dropper or 30 drops three times a day
- Throat sprays
- Add more medicinal antivirals that contain any number of the following:
 - A. Medicinal Mushrooms (species Royal Sun Blazei, Cordyceps, Resishi, Maitake, Lion's Mane, Chaga and Mesima) 150 g each
 - B. *Andrographis paniculata*, *Sambucas nigra*, *Zingiber officinale*: 800 mg
 - C. Echinacea Extract Blends: 100 mg
 - D. Elderberry fruit extract 4:1 (*Sambucas Nigra*) 500-600mg
 - E. Larch Arabinogalactan 100mg
 - F. Don't forget the very important one of Resveratrol.