

Coronavirus Disease (Covid-19) Symptoms & Plan of Care

Symptoms: These symptoms may appear 2-14 days after exposure

Fever
Cough
Shortness of Breath
Body Aches
Loss of Taste
Loss of Smell

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

****This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning****

Cough - Plan of Care

Coughing up mucus is extremely important and should not be suppressed. It helps protect the lungs from pneumonia.

Fluids:

Herbal Tea Mixture (Virus Immunity Bomb):

- 1) Ginger
- 2) Garlic
- 3) Lemon
- 4) Thyme
- 5) Honey
- 6) Turmeric

Boil 3 to 4 cups of water, Grate/shave fresh ginger into the boiling water, Add fresh thyme leaves, Pour water into a cup, Cut a wedge of Lemon and squeeze juice into cup, add honey and half teaspoon of Turmeric. Stir and drink.

Drink as often as symptoms persist or at least 2-3 times per day. You may also take 1tsp or 1tbs of honey directly in between the 2-3 cups of tea. This helps relax the airway and loosens up any phlegm. *Licorice and Sea Moss can be added to the tea as well.*

Covid-19 Immunity Boost (Deacon Asaph)

- 1) Fresh Ginger - 2 pieces
- 2) Garlic - 2tsp
- 3) Turmeric - 1tsp
- 4) 100% Honey (can use Manuka honey) - 2 tbsp
- 5) Kale - 2 leaves
- 6) Zinc
- 7) Water - 1 bottled
- 8) Half lemon with peel
- 9) Thyme - 1 to 2 sprigs
- 10) Oregano - 1 to 2 sprigs
- 11) Coconut oil - 1tsp

Blend all ingredients well. Drink 1 full cup daily.

Onion Shot Drink (Captain Barnabas)

- 1) Onion - ½ peeled

Use a lemon squeezer to squeeze the juice out of the onion or can blend the onion until juiced. Drink 1 shot (1.5oz or 44ml) daily. Helps with throat infections and mucus.

Mucus Buster (Deacon Malachi)

- 1) Natural Aloe - cut into pieces for blending
- 2) 100% Honey - 1-2 tbsp
- 3) Carnation Milk - ½ can
- 4) Barbancourt Haitian Rum - 3cap full

Blend all ingredients together. Drink ¼ to ½ cup for relief of mucus and viral infection.
Refrain from using dairy and sugar during this time. Increase Vitamin D and Vitamin C.

Warm Mist:

Take a hot shower or bath and allow the bathroom to fill with steam. Stay in this steam for about 10-15 minutes. Drink a glass of water afterward to cool down and prevent dehydration.

Alternatively, make a steam bowl. To do this, fill a large bowl with hot water. Add herbs or essential oils, such as eucalyptus or rosemary, which also relieve decongestion. Lean over the bowl and place a towel over the head. This traps the steam. Inhale the vapors for 5 minutes. If the steam feels hot on the skin, discontinue until the skin cools down.

Also, a cool-mist humidifier or steam vaporizer in the home should be used daily throughout the day and night.

Fever - Plan of Care

Fever is not necessarily a bad thing it helps the body fight infection.

The ranges below will help to assist in treatment:

100.0-102.0F (37.8-39.0C) Low grade fever - do not necessarily need to treat
102.0-104.0F (39.0-40.0C) Average fever - treat if causing discomfort
Over 104.0F (40.0C) High fever - causes discomfort, but harmless. Always treat.

Fluids alone can lower the fever. Being well hydrated helps the body give off heat through the skin (Virus Immunity Bomb will assist with this as well). Drink extra water and fluids that contain electrolytes.

If Fever needs to be treated with medication, *Acetaminophen (Paracetamol)* can be used. Please follow the instructions on the box or label for correct dosage. *Ibuprofen is not the preferred medication in conjunction with the coronavirus.*

Body Aches/Weakness

Weakness means decreased muscle strength.

Fatigue means feeling very tired and needing extra rest. Muscle strength is normal.

Get as much rest as you can during this time. When your body allows, get up and walk around the house to keep up muscle strength.

Run a lukewarm bath pour Epsom salt or Himalayan salt into the running bath water.

Add a capful of lavender or eucalyptus oil. Soak for about 15-20 minutes.

Below is a list of other helpful herbal supplements that can be tried as well. **Please be sure that if you have any underlying disease/disorder and/or taking prescribed medications that you use with caution and research any adverse effects/side effects that may have.**

Black Cumin Seed Oil (aka Black Seed oil or Nigella sativa)

It is an amber-hued oil extracted from tiny black seeds of the flowering Nigella sativa plant that originated in Southwest Asia and has been used throughout the Middle East, Africa, and Eastern Europe. Choose an oil that is cold-pressed, organic, no extra ingredients or additives.

Benefits:

- 1) Supports digestive Health
- 2) Soothes aching joints
- 3) Fights seasonal allergies
- 4) Promotes healthy skin and hair
- 5) Aids in weight maintenance
- 6) Inflammation control
- 7) Kidney support
- 8) Maintains healthy cholesterol and blood pressure levels
- 9) Opens airways and supports lung health

Dosage:

1-3 teaspoons per day

If you are trying for the first time, start with ½ tsp per day and gradually work your way up. Keep in mind, potency and serving size may vary depending on the brand, so always read the label carefully.

Oregano Oil

Is made from dried, wild oregano plants, perennials native to the Mediterranean. Active ingredient should be carvacrol.

Benefits:

- 1) Anti-inflammatory
- 2) Anti-viral
- 3) Antioxidant
- 4) Improves Respiratory health
- 5) Helps with sinus congestion
- 6) Pain killer
- 7) Strengthens immune system
- 8) Anti-bacterial

Dosage:

Tincture Form-1 to 3 drops on or under the tongue and swallow

Capsule - 100 mg 3 times daily

Sea Moss or Irish Moss

It is another sea vegetable that grows on rocks close to shore. It features 15 essential minerals, including selenium, calcium, potassium and magnesium. It is also abundant in Vitamins D, F, A, E, and K.

Benefits:

- 1) Dissolves mucus
- 2) Anti-microbial
- 3) Anti-viral
- 4) Skin conditions such as eczema and psoriasis

Sea Moss Preparation:

When preparing Sea Moss raw, rinse the moss in cold water to remove grit. Then soak in a bowl with cold water for 6 to 8 hours or overnight (you may add cinnamon stick for flavor). Then boil the sea moss until it turns to gel. Let cool and store in a jar. Place in the refrigerator. Sea moss can be used in smoothies, teas, and soups.