Every Morning Test For The CORONAVIRUS INFECTION !!! Serious 3.10.20

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This info is from my friend that works for CDC that passed this along to his family and friends. I'm passing it along as well.. The new NCP coronavirus may not show sign of infection for many days, how can one know if he/she is infected. By the time they have fever and/or cough and goes to the hospital, the lungs is usually 50 % Fibrosis and it's too late!

Taiwan experts provide a simple self-check that we can do every morning: Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stuffiness or tightness, etc., it proves there is no fibrosis in the lungs, basically indicating no infection. In critical times, please self-check every morning in an environment with clean air.

SERIOUS EXCELLENT ADVICE by Japanese Doctors treating COVID-19 cases:

Everyone should ensure your mouth & throat is moist, never DRY. Take a few sips of water every 15 mins at least.