

# How to protect yourself and family?

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COVID-19 Public Education Series

<https://ucausa.org/covid19/>



United Chinese Americans



## UCA National Platforms & Local Task groups

- ▶ PPE, medical supplies, business resources
- ▶ Public health, prevention & homecare
- ▶ Medical exchange: US – China
- ▶ Racism & hate crime, social-political impact
- ▶ Economic impact, small business, vulnerable communities
- ▶ Community outreach: save America

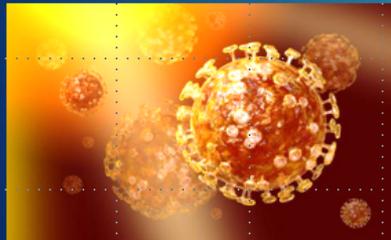


美国华人联合会

## PUBLIC EDUCATION SERIES

United Chinese Americans

# What to do when you are sick?



### COVID-19 Prevention & Home Care

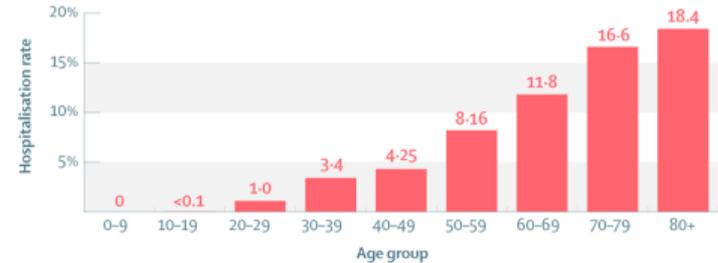
<https://ucausa.org/covid19/>

# The mystery: Who become severely ill?

Asymptomatic: 5%  
Mild Symptom: 77%  
Severe Symptom: 18%

- Age dependent
- Underlying conditions
- Immunity

Estimated proportion of all COVID-19 infections that will require hospitalisation



The proportion of all infections that are hospitalised, estimated from a subset of 3665 cases reported in mainland China up to Feb 8, 2020, and adjusted for demography and under-ascertainment. UK cases classified as 'severe' are assumed to require hospitalisation.

Hospitalisation rates nearly double from 4.3% in 40-49-year-olds to 8.2% in 50-59-year olds

Estimates are constantly being updated and improved over time.

Estimates of the severity of coronavirus disease 2019: a model-based analysis *The Lancet Infectious Diseases*

COVID-19  
publication  
characteristics

Format  
Research  
article

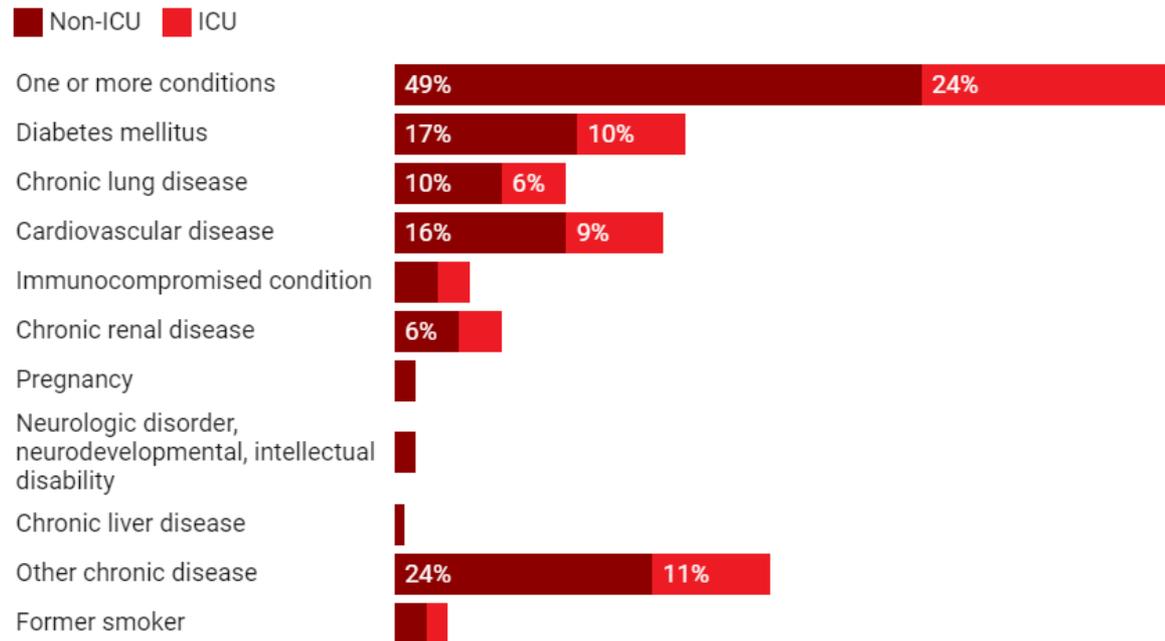
Externally peer reviewed?  
Yes

Date published  
30 March  
2020

# Underlying health conditions

## The vast majority of coronavirus patients who end up in the hospital have at least one underlying condition

Share of hospitalized COVID-19 patients\* with...



\*based on a study of 7,162 total U.S. patients, 1,494 of whom were hospitalized

# The Intricate Balance of Immunity

- ➔ 1. Strengthen immunity
- ➔ 2. Avoid cytokine storm

**Goal: Your optimal window of immunity & health**



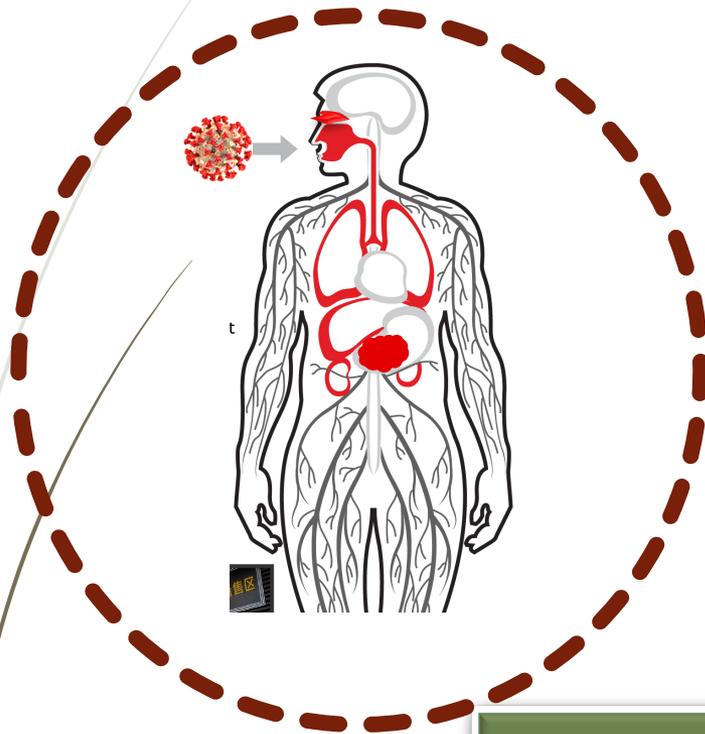


# Keys to stay on top of the wave

- Adequate rest and sleep (naps)
- De-stress
- Nutrition & protection for your body
- Mental-emotional-social support
- Keep it simple & set a goal => Daily Ritual

# Virus only enters your body by 3 ways

- 1.Mouth
- 2.Nose
- 3.Eyes

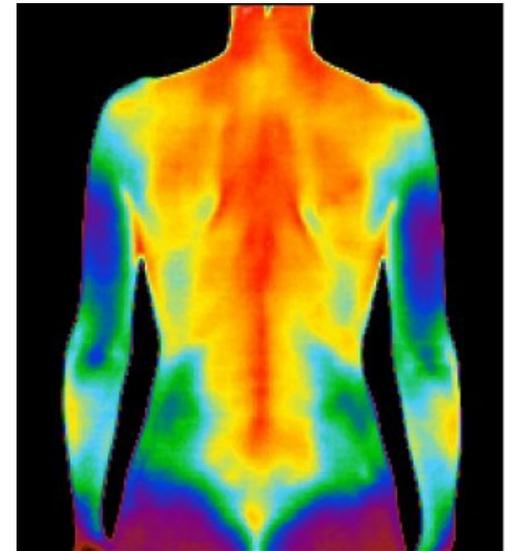
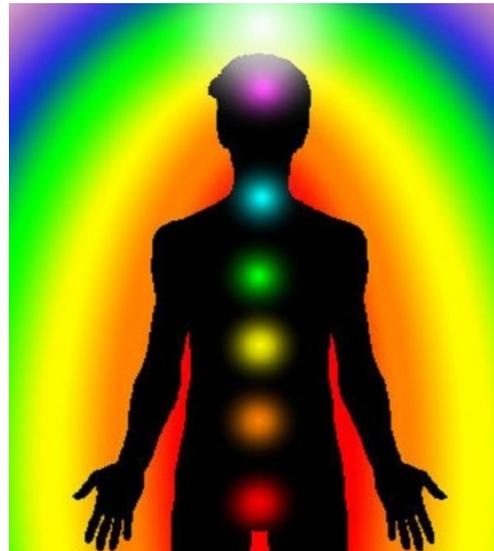


Keep Calm & Simple

# Be aware of COVID mental effect

## Mind Over Matter

1. Info-overload
2. Infodemics
3. Energy Healing



Human Energy Field



# Supplements & Herbs

## 1. Strengthen immunity

Multi-vitamins: Vitamin C (chewable type)

Immune/energy boost: Astragalus, Ginseng

Respiratory health: Citrus Bioflavonoids, Lime, Lemon

Anti-viral: Echinacea, Goldenseal, Olive leaf

## 2. Avoid cytokine storm

Anti-inflammation (Mind Calming):

Lavender, Chamomile

Peppermint, Dandelion

[Flow-of-light.com](http://Flow-of-light.com)

# COVID-19 Prevention & Self Care

## Herbs & Supplements

### Preventive Herbs of "ECCGA"



#### Echinecea

For flu and cold,  
cooling the lung



#### Astragalus\*

Improve digestion,  
remove blockage

A tea made of 5  
herbs to boost  
immunity and  
balance energy



#### Citrus Bioflavonoid

Open up flow of  
energy in lung and  
digestion system



#### Chamomile

Relax mood,  
calm the mind



#### Ginseng^

Boost immunity,  
increase energy

### Other Herbs for COVID Symptoms

#### Goldenseal

Antibacterial and  
fever reduction

#### Lavender

Anti-Inflammatory,  
Calming & soothing

#### Olive Leaf

Antiviral and  
antibacterial

\*^Check other herbs, details and precautions:

<https://www.flow-of-light.com/herbs-supplements>

## Prevention & Home Care

- ▶ **Set up a boundary in your house**
  - ▶ Front door, back door, garage door, etc
  - ▶ Everything contaminated needs to stay out of this boundary (including groceries and store items)
- ▶ Set up a transition zone in your house
  - ▶ Where you can clean and disinfect contaminated items
- ▶ Set up a safe “bug free” zone for kids and elderly
  - ▶ Note: imagine the virus to be like sparkles
- ▶ Wash all exposed areas, face, hands, skin, rinse nose frequently
- ▶ Take hot-water shower 1<sup>st</sup> thing after you finish the work

## Prevention & Home care

### **Minimize contamination that can be brought inside the house**

- Always have a set of outfit (including shoes) designated to go to hospitals or contaminated areas
- This set is always left outside of the house or only stays in the transition zone (see below)
  - Note: how to take outfit off
- Put contaminated items in a sealed plastic bag (e.g. garbage bag)
- Let it stay for 3 days minimum & laundry afterwards
- Car
  - Disinfect inside the car on daily basis (anything you touch);
  - Leave window open if possible for air circulation

## Prevention & Home Care

### Plan & prepare ahead just in case

- ▶ Keep one room inside the house to be the quarantine space
  - ▶ Ideally has its own bathroom/shower; if not, use one bathroom inside the house and separate it from others in the household
- ▶ Minimize traffic and shared space to this room
- ▶ Think of how you can ventilate and AC this room
  - ▶ Ideally has its own window and can open to outside
  - ▶ Minimize use of central AC
- ▶ Separate all personal items, cloth, trash bin, utensils, etc
- ▶ Designate 1 person in the house to interact with you
  - ▶ Learn how to disinfect all items before they are brought to common space



## Nutrition for the Mind

- ▶ Silence & solitude
- ▶ Be aware of information/media overload
- ▶ Peaceful music or imageries, think of your 5 senses
- ▶ Inspirational words and loving stories
- ▶ Mind over matter: energy healing



## Nutrition for the Soul

- ▶ A daily dose to keep yourself happy & healthy  
What key elements that are important to you?
- ▶ Cultivate a home environment & workplace that enhance these ingredients
- ▶ The importance of faith and confidence
- ▶ Sprinkle some sense of humor & non-attachment
- ▶ Can you still have fun and laughers in the process?



# Your soul loves crisis & challenges

- ▶ Create a narrative: the story you wish to make at the end of the day
- ▶ Set an intention to align with this story
  - ▶ Your thoughts, actions, and choices
- ▶ Communicate with others and build a good support structure
- ▶ Be flexible and kind to yourself & others (this is a collective process)
- ▶ Keep a positive and brighter outlook
  - ▶ What can I/we grow and learn from this experience?
  - ▶ How can I/we become more adaptive, capable and resilient?

## Challenge & Goal

# 60 Days in Optimal Health!

The image shows a screenshot of a Facebook page for "Coronavirus Prevention & Self Care". The page header includes the Facebook logo, the page name, a search bar, and user information for "Helen". The navigation bar shows "Page", "Inbox 1", "Notifications 44", "Insights", "Publishing Tools", "Ad Center", and "More". The main content area features a circular profile picture with the text "Health is our 1<sup>st</sup> priority" and a blue plus sign. Below the profile picture is the page name "Coronavirus Prevention & Self Care" and the handle "@outbreakselfcare". The main post is a collage of nature images: a red rose, a colorful mandala, a green succulent, and a waterfall. The text "Transform fear to confidence" is overlaid on the right side of the collage. The post has "Liked", "Following", and "Share" buttons, and a "Learn More" button.

Coronavirus Prevention & Self Care

@outbreakselfcare

Home

About

Health is our 1<sup>st</sup> priority

Transform fear to confidence

Liked Following Share ...

Learn More

# QUESTIONS?

***Thank you for joining this webinar!***

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***A recording of this webinar will be posted on the NCNA website for anyone to view. CE is not offered for the recorded version.***

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