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know-before-you-go

Cruising Review

Corona Virus: Know Before You Go



This webpage QR code

Structured Data

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Corona Virus: Know Before You Go. 2020.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/topics/know-before-you-go.html>

4/20/2024

Corona Virus: Know Before You Go (Prevention via D3, UV, blue light, humidity, pine oil, and other factors)

Date: 3/6/2020

With the advent of Corona Virus (SARS-CoV) impacting worldwide populations, looking forward to a healthy strategy to mitigate infection is taking high priority.

The first step is prevention.

Preparing your body to prevent infection is your best first defense. Boosting your body immune system includes a healthy diet, exercise, and supplements such as D3, Vit-C, Zinc, and diets rich in polyphenols (green and black tea) and whole plant based foods.

If you must travel, then get a strategy to minimize your exposure.

For airlines and other mass transportation, wipe down your area with antiseptic compounds, include alcohol based fluids, and even Pine Oil. UV-C is very effective to destroy a live virus. The virus does not like humid environments (i.e. an issue on very dry flights at normal cruising altitudes). Think twice about eating aboard flights.

Most important, wash your hands with soap and hot water for at least 30 seconds. Don't touch your face.

Knowledge is the key factor to battling infections. Be informed.

PRODUCT: Coronaviruses are a family of enveloped, single-stranded, positive-strand RNA viruses classified within the Nidovirales order. This coronavirus family consists of pathogens of many animal species and of humans, including the recently isolated severe acute respiratory syndrome coronavirus (SARS-CoV) (reference in expanded version below).

Most masks sold do not work. Only fully sealed masks may prevent airborne transmission.

PROFIT: 1. Try to opt for direct flights whenever possible. Do not eat in crowded areas, and avoid salad bars or other areas with open food venues.

2. Wipe down trays, seat-belt buckles, and armrests with antiseptic.

3. Avoid eating during flights. Try to drink liquids from bottles or cans. Think of all the passenger items flight attendants touch (e.g. glasses, ice, trays, etc.).

4. Wash hands with soap and hot water. Use antiseptic liquids. Also use UVC light to inactivate viruses on surfaces.

5. Try to use nasal hydration prior flight to keep nasal passages hydrated.

6. Take Vit-C, Zinc, and D3.

TIME: The best way to avoid getting Coronavirus, is to avoid crowded areas where airborne germs and viruses occur.

Avoid large crowds (especially cruise ships more than 2,000 passengers).

Build up your body's immune system, by implementing a healthy plant based diet, exercise, green and black tea, avoiding alcohol, and good hygiene (washing hands regularly with soap and hot water). Studies suggest Vitamin D3 may boost your immune system. Anything you can do to give your body a fighting chance is a good game plan to prevention.

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