

COVID-19 Toolkit

COVID-19 Safety

Post-potential COVID-19 exposure routine:

- Wash hands with antibacterial soap
- Use NeilMed saline nasal wash; run it through both nostrils for 2-5 minutes
- Use Lumify eye drops
- Spray hypochlorous acid spray on face
- Gargle CPC mouthwash for at least one minute
- Use xylitol nasal spray; make sure that you're spraying on the inner and outer sides of your nostrils

Best masks to use:

- Lower risk situations:
 - kn95 by XDX
 - PlanetHalo Health kingfa kn95
 - Discount code: Eliana10 for 10% discount!
- Higher risk situations:
 - 3M aura n95
- Highest risk situations:
 - Envo elastomeric mask

Safety habits:

- Mask! All indoor spaces, on public transit, and outdoors when space is crowded
 - If you're doing outdoor dining, social distance!
 - When spending time with people who don't mask:
 - Ask them to get a COVID test if you're going to be unmasked around them (doing multiple tests is preferred)
 - Ask them to wear a mask if they're visiting your personal room/use air purifying hepa filters in your room
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COVID-19 Care Kit

Supplies:

- OralBiotic K-12 supplements
 - Take 2 every day
 - Promotes growth of bacteria that fight nose and throat illness
 - Purchase at [Amazon](#)
- Nasal rinse/netty pot
 - As needed
 - One option is NeilMed saline rinse; run it through both nostrils for 2-5 minutes
 - Helps clear nasal passages
 - Purchase NeilMed saline rinse at [Walgreens](#) or [Amazon](#)
- Covixyl
 - As directed
 - Helps block virus in nose
 - Purchase at [Target](#) or [Amazon](#)
- CPC mouthwash
 - As needed
 - Helps kill virus in mouth
 - Purchase at [Target](#) or [Amazon](#)
- Vapor inhaler / vaporub / humidifier
 - As needed
 - When using humidifier: add salt to the water to increase steam, and essential oils, especially eucalyptus
 - Helps with congestion and ease of breathing; good for throat
 - Purchase humidifier at [Target](#) or [Amazon](#)
- Cough drops
 - As needed
 - Purchase at any gas station, convenience store, or grocery store
- Hydration packets / liquid IV
 - As needed
 - Prevents dehydration/replenishes electrolytes
 - Purchase at [Walgreens](#), [Walmart](#), [Target](#), [Amazon](#)

General tips:

- Always run air purifiers, if you have them
- Wear an N-95 mask ([Amazon](#)) or KN-95 mask ([Amazon](#)) so you don't contaminate others (surgical and cloth masks are NOT effective)
- Wear masks in shared rooms/around pets
- Sleep and rest as much as possible!

COVID-19 Education

Research and Data

- [COVID-19 Research and Implications](#):
 - This document is a running curation of Covid research cited in scholarly journals and/or trustworthy popular media, with the goal of forming a story about the implications of this growing data set on personal and public health.
- [Pandemic Mitigation Collaborative](#)

Educators to follow:

- Instagram:

@covidconsciouscoalition	@michael_hoerger	@maskcurious	@buymasksus
@jaydocovid	@madrva_maskchairs	@airwearsupply	@publichealthactionnetwork
@longhauler_advocacy	@covidlonghaulerspodcast	@matulasmercantile	@healthselfdefense