

24 HOUR SHUT-IN HEALTH PROMOTION & RECOMMENDATIONS

Below are guidelines and recommendations for individuals who will be attending the 24-hour shut-in to help reduce the spread of sicknesses and further complicate current diseases. These are not personalized prescriptions or treatments and they should always be reviewed by your medical provider, especially if you have a chronic disease.

Preparation

1. Hydration:
 - a. Drink half your body weight (Ex. 150lbs/2= **75oz of water**)
 - b. Add electrolytes for better hydration retention (ex. Gatorade, Pedialyte, or electrolytes packages).
2. Vitamins/hormones (take all if possible)
 - a. Vitamin C/glutathione: antioxidants, fights off sickness
 - b. Zinc: anti-inflammatory, increases immunity
 - c. B-12: energy
 - d. Vitamin D: fights sicknesses (this is not a vitamin, but a very vital hormone needed throughout your entire body).
 - e. Fiber: helps prevent constipation/diarrhea
 - f. Omega 3s: anti-inflammatory

***** For those interested, IV therapy is recommended for those wanting faster & immediate hydration. IV therapy is direct hydration through your veins done by a medical provider. This delivers immediate hydration and vital vitamins within 30 minutes. Not everyone is a candidate for this type of treatment. You must be evaluated first at a clinic of your choice (google "IV therapy" near you).*

3. Stay active:
 - a. 30 minutes of walking, jogging, or running at least 4 times per week to build endurance.
4. Rest:
 - a. An adult should sleep 7-9 hours per night.
 - b. Getting the appropriate hours of rest at night will allow your vital organs to repair and fuel. This will better prepare you for the shut-in.

During Shut-in

1. Proper and constant hygiene□
 - a. Wash your hands: this is the best way to prevent the spread of illnesses like the flu, COVID-19, or any other viral/bacterial infections. Try to prevent touching your face, mouth, nose, and eyes.
2. Hydration:
 - a. Drink half your body weight (Ex. 150lbs/2= **75oz of water**)

3. Fasting:

- a. *Coffee and tea:* I highly suggest **not drinking any caffeinated beverages** due to the increased risk of acid reflux, stomach pain, and dehydration. Drinking coffee or any energizer beverages will promote the withdrawal of unwanted symptoms (like crashing).
- b. Please **take all prescribed medications**, especially if you suffer from high blood pressure, cholesterol, thyroid, etc..
- c. Be mindful of medications that must be taken with food to avoid any side effects from the medications.

4. Diabetics:

- a. One of the main goals for diabetics is to prevent hypoglycemia (low sugar) episodes. **Hypoglycemia is extremely dangerous and should not be taken lightly. Fasting is not recommended unless you have a plan with your medical provider.**
- b. If you have insulin and need refrigeration, please make sure to prepare a personal cooler with ice to have this accessible at all times. If you are not fasting, make sure to have your sugar pills or snacks with you.
- c. *In case of an emergency, First Responders have a glucometer if you need your sugar levels checked.*

5. Physical Activity

- a. Make sure to not overexert yourself, especially if you have chronic medical conditions that could potentially exacerbate any symptoms.

6. Good posture tips and shoe support:

- a. Stand straight, with your head in a neutral position.
- b. Abdomen tucked in and shoulders relaxed (when shoulders are tensed, you are more likely to get headaches, pain, and stress).
- c. If you have vascular disease or deal with swelling of the feet, wearing TED (compression) stockings can improve circulation and decrease inflammation.
- d. Recommend wearing good, supportive orthotic shoes.
 - i. Shoes should have good arch support, cushion, and space (Ex. Sketchers, Clarks, and other orthopedic shoes)
- e. Avoid ☐ sandals, high heels, tight-fitted shoes, or any unsupportive shoes (this can cause plantar fasciitis, joint pain, and other issues).

After Shut-in

1. Hydration:

- a. Drink half your body weight (Ex. 150lbs/2= **75oz of water**)

2. Rest:
 - a. It is time to recover from sleep deprivation, this will allow your vital organs to repair and fuel. Make sure to set aside recovery time before you go back to work or your routine.
3. Eating:
 - a. Slowly introduce foods back to your system to avoid bloating, heaviness, stomach pain, and discomfort. Avoid eating heavy meals right away.
4. Vitamins/hormones:
 - a. Continue taking all vitamins recommended as stated above.

Personal Hygiene/extra items

1. Hand-sanitizer
2. Deodorant
3. Extra t-shirt
4. Face towel