



Madeline Evans'

TIPS FOR STAYING SAFE DURING COVID-19

Disinfectant Baby Wipes:

Lysol Multi-Surface Cleaner: In a cup or container, add 2 tbsp Lysol and a cup of water. Mix and pour over the wipes your wipes.

Clorox: In a cup or container, add 2 tbsp or Clorox with a cup of water. Mix and pour over wipes. You can add a few drops of essential oils before pouring over the wipes for a nice smell.

Alcohol: Just pour a cup or more of 70% alcohol over the wipes.

Multi-Purpose Spray: Pour a cup or multi-purpose spray and mix with 2 tbsp of Clorox. Pour over the wipes.

Disinfectant Spray:

Just pour Alcohol in a spray bottle.

Make Paper Towel Wipes:

You will need an old empty Clorox Wipes container. Cut a roll of paper towels to fit inside the container. Mix 3 tbsp with 2 cups of water and pour over the paper towels, then take the cardboard out, and pull a sheet up from the center. You can also add essential oils for a nice smell.

How to Check Your Mask for Safety:

Put on your mask, light a match or candle, and blow. If you can blow out the fire through your mask, that mask isn't a good mask. You need to use a filter, or a piece of paper towel when you wear it.

If Feeling Congested:

If you are feeling congested, take a lemon and squeeze it into 2 cups of boiling water, pour the liquid into a medium bowl. Take a towel and cover your head over the bowl. Inhale the steam, and that should loosen up the mucus.

Drinks:

- I drink hot lemon water.
- Ginger tea with ginger, garlic, and turmeric in it with a little honey.
- Turmeric tea with ginger, garlic, and turmeric in it with honey.
- A ounce of beets juice.



Over-the-Counter Medicines to Have on Hand if You Need It:

- Robitussin Maximum Strength Severe Multi-Symptom Cough Cold + Flu
- Mucinex Fast-Max Cold & Flu
- Tylenol for pain.



Other Tips:

- Try not to keep a dry mouth. Drink plenty of water.
- Eat plenty of fruits and vegetables.
- Exercise at least 20 minutes a day. You can walk around the house, because it's too hot outside. You can also use so type of exercise equipment.



This is all the tips I can think of right now, but if I can think of anymore helpful ones, I will let you know.