

# Dr. Lowney's COVID 19 ADVICE

*This is an unprecedented time for all of us and the medical community. COVID 19 is like nothing we have ever seen before. Unfortunately, due to the novelty of this disease, the medical community is still trying to grasp the best way to limit, prevent and treat COVID. New information and recommendations are emerging almost daily. We at Lowney Medical wanted to put together this brief list of recommendations to help you through this pandemic. Below is a brief list of recommendations that some research shows will be beneficial and help you in the fight against COVID.*

**Wash Your Hands** – whenever you get a chance, wash your hands. Have hand sanitizer on your person at all times.

**Do NOT Touch Your Face**- one of the main ways COVID enters the body is by a person touching their face.

**Wear a Mask** – a mask is a barrier that can protect you from droplets containing COVID. But remember to not keep touching your mask with un-sanitized hands 😊

**Social Distance** - when possible maintain the recommended 6 ft of social distancing especially if you are not wearing a mask

**Take These Supplements Daily:** These supplements are NOT meant to be thought of as a cure or as a way to prevent COVID. This is advice based on supplement studies showing beneficial properties that have the potential of helping to strengthen your immune system during this pandemic.

**Vitamin D 5000 IU**

**Vitamin C 1000mg**

**Zinc 50mg**

**B Complex Vitamin**

**And lastly, if you are feeling sick or have a fever/cough, stay home to prevent potential spread! Remember you can always call us.**

**Stay Safe! We will get through this!!!**