

WEEK OF 8.17.2020

WELLNESS WEEKLY



*What's included
this week:*

WHAT IS COVID-19

**SYMPTOMS: WHAT
TO DO IF YOU
THINK YOU ARE
INFECTED**

**WHAT WE ARE
DOING TO ENSURE
YOUR SAFETY**

Covid-19: The Run-down

We hear about it everywhere we go. Every news channel we turn to, it's the main story. This has pretty much consumed our entire year of 2020.

Covid-19 is a pandemic that has affected many countries around the world, including our own. From mask wearing to social distancing, it may seem like we're asking for too much, but in the end these precautions are necessary for your health, and the health of others.

Although there may be some medicines and home remedies to help relieve, or alleviate some of the symptoms of mild Covid-19, there are no medicines to cure or prevent the disease. Boosting your immune system is vital, especially now to help protect your organs. During this time, some of the most important things that a person could do is take precaution by washing hands frequently and thoroughly, or using an alcohol-based hand sanitizer, not touching eyes, nose, or mouth, wearing a mask in public settings, and maintaining a distance of at least 6 ft from others.

Symptoms: What to Do If You Think You Are Infected

Covid-19 can be so simple to contract when you are not taking the precautions seriously. According to WHO, the virus can be spread through direct, indirect, and close contact from infected people through mouth and nose secretions which includes respiratory secretions, saliva, or secretion droplets. These secretions may be found on various surfaces. Once a person makes contact with the surface, then touches their eyes, nose or mouth, they may become infected.

People who are in close contact with an infected person are susceptible to contracting the virus when such droplets get into their eyes, nose, or mouth. People who are 60 and older, or have underlying health issues such as respiratory conditions, diabetes, or cardiovascular disease are more likely to develop serious illness when infected with Covid-19. There are various symptoms of Covid-19 that a person may experience.

Symptoms vary on the person, because one may not experience the same symptoms, nor the same severity of symptoms. Nevertheless, it is always best to know the various symptoms.

The most common symptoms are fever, dry cough, and fatigue. Less common symptoms of this virus include body aches, diarrhea, conjunctivitis, sore throat, headache, loss of taste or smell, and rash or discoloration of the skin. Other more serious symptoms include, difficulty breathing, shortness of breath, chest pain, loss of speech, and loss of movement. Many people develop these mild to moderate illness, and are able to recover without hospitalization.

If you believe that you are infected with Covid-19, you should always call your doctor or medical facility before visiting in person. If you are experiencing severe symptoms, you should seek immediate medical attention, or call 911.



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What We Are Doing to Ensure Your Safety

Here at Natural Medical Solutions Wellness Center, our aim is to assist you to become your healthiest self, and remain that way. In part of doing so, we have taken many steps which were generated by the CDC, to prevent the spread of covid-19 in our practice. Our surfaces and equipment are sanitized after each patient. We check temperatures using a contact free thermometer, and we all wear a face mask, including our staff. We always make sure that patients and employees practice social distancing within the practice.

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