

CORONAVIRUS

COVID/19

**A WAR
AGAINST
THE PEOPLE!**

HOW TO PREPARE NOW:

STOCK UP ON:

- **BOTTLED WATER AND NONPERISHABLE ITEMS SUCH AS CANNED GOODS AND RICE**
- **DIAPERS, WIPES, CREAMS AND OINTMENTS**
- **ITEMS IN THE EVENT YOU BECOME ILL. SUCH AS: TEA, LEMONS, HONEY, NYQUIL/ DAYQUIL, TYLENOL ETC.**
- **PICK UP YOUR PRESCRIPTION MEDICINES**

BOOST IMMUNITY WITH:

- **FRUITS AND GREEN VEGGIES**
- **BLOODROOT***
- **ELDERBERRIES***
- **DRINK TEA WITH LEMON, HONEY, CINNAMON, GINGER AND/OR GARLIC**
- **ZINC/VITAMIN C**
- **TURMERIC**
- **GET REST WHEN POSSIBLE**
- **DRINK LOTS OF WATER**

PREPARE AN EMERGENCY PLAN FOR YOUR HOUSEHOLD!

DISINFECT SURFACES

USE WIPES ONCE AND THROW AWAY OR USE A BLEACH-WATER SOLUTION ! SOLUTION



WASH YOUR HANDS!

USE LIQUID SOAP FOR AT LEAST 20 SECONDS!

THIS IS HOW WE WIN!

UNITED, ORGANIZED, INFORMED!

**FOR UPDATES ON COVID/19
VISIT: DEVELOPMENTFORAFRICA.ORG**