

JUST JESS on HEALTH:



Corona Virus COVID-19

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases like pneumonia, MERS and SARS

COMMON SYMPTOMS

- Fever
- After 2 to 7 days develop a dry cough
- Mild breathing difficulties at the outset
- Gastrointestinal issues
- Diarrhea
- General body aches

SEVERE SYMPTOMS

- High Fever (100.4°F or higher)
- Pneumonia
- Kidney failure
- Death

TRANSMISSION
Coughs or sneezes from infected person or touching contaminated objects

The infographic features a central illustration of a human silhouette with internal organs and a circulatory system highlighted in red. Red lines connect various parts of the body to the corresponding symptoms listed on the right.

Please note: The corona virus (COVID-19) is most likely to affect vulnerable populations (immunocompromised individuals, the elderly and young). It has, therefore, been recommended to take precautions through boosting your immunity.

Echinacea injections are a fantastic prophylactic protocol and acute treatment approach for cold and flu viruses, as well as common symptoms experienced throughout seasonal change. These injections are currently available at my practice, are gentle and safe for the family. Please contact me for further information.

The following link can be followed for further information/advice on hygiene practices in general and whilst travelling: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

*I am now available on Saturdays in Blairgowrie.

Kind regards
Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, medical conditions all the way through to healthy lifestyle tips.



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