

WASHINGTON  
Homeopathic  
Clinic

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Re: Coronavirus (COVID-19)

To our patients and your families,

In the interest of maintaining the health of our families and community, we are sending this to inform you of our perspective on the current COVID-19 outbreak.

To limit transmission of cases, we are practicing and recommend for our patients the current [CDC guidelines](#). Specifically,

- Regularly wash your hands with soap and water for at least 30 seconds – including under the nails.
- Avoid touching your eyes, nose, and mouth.
- Wipe down frequently-touched surfaces such as faucets, door handles, and kitchen counters every day.
  - The virus appears to be able to survive on uncleaned surfaces for up to a week. Chlorine, hydrogen peroxide, and alcohol-based hand sanitizing wipes can mitigate the virus significantly.
- Cough into a tissue and dispose of the tissue immediately.

Homeopathy historically has been shown to be very effective in treating significant flu outbreaks such as the 1918 flu which killed millions worldwide. Several countries are recommending taking homeopathic medicines to prevent and treat the Coronavirus.

You may do a preventative round of the Influenzinum 12c remedy. Call or email the office if you need a vial. Recognize that the medicine (remedy) is acting to lessen the overreaction to the virus as opposed to killing the virus. *It is the body's overreaction which leads to respiratory distress such as pneumonia and severe congestive symptoms.*

Balancing the response of the body enables you to recover from the virus more effectively.

Beyond this, we suggest that you eat a healthy diet, get daily exercise, drink plenty of water, and get plenty of rest.

If you have any questions, please let us know.