

How to BUILD YOUR IMMUNE SYSTEM

1. Vitamin C (10,000 mg daily)
2. Vitamin D3 (2-5,000 daily)
3. Zinc (20 mg daily)
4. Black Seed Oil
5. Ginger
6. Selenium
7. Activated Charcoal (daily)
8. Exercise (daily)
9. Sleep (7.5 hrs/night)
10. Organics (turmeric, oregano, garlic)
11. Prayer
12. Stress Relief

15 Fruits That Boost Your Immune System

<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#sunflower-seeds>

Citrus	Red Bell Peppers
Broccoli	Garlic
Ginger	Spinach
Yogurt	Almonds
Tumeric	Green Tea
Papaya	Kiwi
Poultry	Sunflower Seeds
Shellfish	

*METRO-ATLANTA
CRIME COMMISSION*
Crisis Management Division

CORONAVIRUS **Personal Safety Practices**



Maybe you are following the Surgeon General, CDC and Task Force recommendations. But there is much more that you can do and you are NOT being told everything. Be informed! Be prepared!

www.publicsafety411.com

1. Buy a mask and wear it. Masks do work.
We stated, even before the Federal Task Force and CDC admitted it, that the Coronavirus is an airborne contagion. It attacks the respiratory system. If the mask didn't work, the federal government would not be ordering millions of them for healthcare workers. Don't be fooled!
2. Buy the N95 mask if you can find it. We still have them available. Go to **www.publicsafety411.com**. We deliver.
3. Wash your hands for 20 seconds in water as hot as you can stand with antibacterial soap and many times daily.
4. Avoid any group meetings and gatherings and minimize contact with others in your homes or cars or theirs.
5. When you come home, take your clothes off just inside the door, put them in a trash bag and then put them in the washing machine and wash on hot. Or spray with Lysol.
6. Don't shake hands.
7. Sneeze or cough in your sleeve. Sneezes travel 100mph.
8. Work from home, practice self-quarantine and limit those who come to your home.
9. Don't make multiple visits to the grocery. Get everything you need while you're there and store up food and supplies. Use disinfectant wipes on food packaging.
10. Spray the inside of your car with Lysol and sanitize your steering wheel.

11. Avoid public transit systems and ridesharing.
12. If you, your child or anyone in your home becomes sick with a fever, cough and other symptoms, stay home.
13. Fill up your gas tank and make sure to spray your keys with Lysol immediately afterwards, using hand sanitizer immediately.
14. Use sanitizing wipes on your cell phone.
15. Leave your coats, jackets, hats and shoes in the front part of the house, not the bedroom or closet. Place in washer ASAP. Spray clothes and shoes with Lysol.
16. Wear latex gloves in stores, at gas pumps and at work.
17. Lightly spray any packages delivered with Lysol.
18. Boost your immune system naturally with the strongest foods and vitamin supplements you can. See list on back.
19. Limit your travel anywhere as much as possible.
20. Use your hand sanitizer and ideally make your own sanitizer. Instructions for making your safer, stronger sanitizer are on our website Homepage.

In April of 2019 the FDA banned 28 ingredients in hand sanitizer so you can and should make your own. See our Special Report for details.