

Solutions : General Measures

- **Using Sauna facilities:** Usually hotels, gyms, leisure centres contain existing Sauna facilities. Also, mobile and Caravan Sauna facilities can be thought of in future. After Sauna, if surfaces in public places are touched, hand washing is advisable.
- **Portable Convector Room Heater:** Stay close to a convector room heater and inhale hot air at least two times a day for around half an hour each time (keeping comfort level). It would be very useful at the initial stages of the disease.
- **Disinfect any place using High Temperature:** Before start of office, school or business, temperature of premises may be kept very high, (say, 60°C) for half an hour. For airports, train and bus, the same method of disinfecting could be thought of. *Optimum temperature and duration can be tested easily.* For any external object or material, disinfecting using high temperature could be a useful solution.
- **Using Blow Dryer/ Hair Dryer:** For minor symptoms, inhaling hot air intermittently through the nose (keeping comfort level) even for five minutes, say two/three times a day, will also be useful to kill virus in the nasal cavity.
- **Hot Drinks:** For very mild symptoms, take hot drinks (could be tea, coffee, warm milk, hot water with lemon etc.) few times a day to destroy virus in the mouth and throat. Gargle with warm salt water at least three/four times a day will be very beneficial. Hot soup will also be useful.

Why: The virus is very sensitive to **Temperature**. It mainly enters through the **Nose** (WHO). Testing is done with swabs from the nasal cavity and the back of the **Mouth**.

Important: Only even Convector Room Heater and Salt Water gargle, Hot Drinks can serve the main purpose.