

In light of the concern over the spread of COVID-19 (coronavirus) we have had patients ask what they can do to further protect themselves from being infected. We know you have heard or read all of the instructions from the CDC (Center for Disease Control) regarding washing your hands, limiting travel, etc., so we greatly encourage you to follow those recommendations.

In addition, Fully Armored Family Health & Fitness always promotes building a strong immune system to fight disease. With that in mind, Alta recommends the following supplements to support a healthy immune system:

\*ImmunoBerry Liquid

\*Monolaurin (this is the ingredient in Lauricidan)

\*Vitamin D3 + K (5,000 or 10,000 IU per day, depending on Alta's previous recommendation to you)

\*Vitamin C (up to 6,000 mg/day, based on bowel tolerance)

\*Liposomal Glutathione

\*Probiotic

If you do not have these supplements, they can be purchased from Designs for Health at their website and delivered to your home. And yes, Alta does take all of these supplements herself!

[designsforhealth.com/shop](https://designsforhealth.com/shop). Use the practitioner's code: ALTASKELTON

Or go to the on-line store: [fahf.ehealthpro.com](https://fahf.ehealthpro.com)

Remember, the healthier you stay overall, the better chance you have of fighting off infections and viruses. So please boost your immune system, eat healthy, and continue to live well!

If you have general questions about COVID-19, please go to the government website: CDC.gov for more information. We kindly ask that you do not call our office. As much as we would like to answer your questions, we need to ensure our nursing resources are being applied to treating patients. The CDC is going to have the most up-to-date information to keep you informed.

Our office will NOT be testing for COVID. According to the Indiana State Department of Health website: "Please call the ISDH Epidemiology Resource Center at **317-233-7125 [317-233-1325 after hours]** or e-mail [epiresource@isdh.in.gov](mailto:epiresource@isdh.in.gov) if you experience symptoms such as fever, cough and shortness of breath and have a recent history of travel to China or contact with someone suspected of having COVID-19."

We hope that by following all of the recommendations, this health concern will pass quickly and effect as few people as possible. As always, we appreciate the opportunity to serve as your healthcare provider.

Alta and the Staff of Fully Armored