



COVID (Flu & RSV) Risk Reduction Checklist

Reduce Your Risk of COVID (Flu & RSV)

- Nasal Spray - [SaNOTize](#), colloidal silver, or [Covixyl](#)

- Oral Rinse - [Crest Pro Health](#), colloidal silver, or Xlear

- Well-fitting Mask - [KN94](#), [KN95](#), [N95](#) or better

- [HEPA Air Purifier\(s\)](#).

- Vaccinations - Find COVID-19 vaccines [HERE](#) ([Novavax](#) reduces the risk of symptomatic infection by 48-55% at 4 mos from the shot, reduces risk of getting COVID at all by 41% for first 2 mos, then 28% by month 4)
Find Flu Shots [HERE](#) (Efficacy varies by flu strains each year)
Find RSV shots [HERE](#) (age 60+ and women who are 32-36 weeks pregnant)

- [Hand sanitizer and good hand hygiene](#)

Consult with your clinician before starting medications or supplements.