



## **Infection prevention and Control**

**Date 23<sup>rd</sup> March 2020**

Covid-19 is a condition caused by one of the corona viruses. It is said to be transferred via droplet infection (coughing, sneezing or contact with such fluids). After transmission it remains infectious for hours to days after contact on surfaces, hands or clothes. The virus enters the body via the airway and multiplies. The resultant by-products of the virus and its effects on physiological functions adds further burdens to our bodies.

Sore throat, fever, cough and difficulty breathing are symptoms of this infection. This is the body's immune response to the virus. When the body becomes overburdened with the virus and its resultant effects on the body, a person will become very ill.

Some people may have symptoms of a cold or flu and not feel very ill, however this may be due to the fact that they have a healthy immune system. Others who may be older in age, have low immunity or pre-existing respiratory conditions are more likely to become very ill. This may be because their immune system is not strong enough to fight the virus. The virus will already be in your body before you present with symptoms, so you can pass it on to others without realising it.

It is important to self-isolate if you feel unwell. This means; stay home and telephone your health care practitioner for advice. The idea behind this is not to prevent (as this is already a pandemic) but to slow down the spread of the virus. This will enable health care facilities to address the needs of those who need to be hospitalised.

Information for the general public can be found on the HSE website at <https://www2.hse.ie/conditions/coronavirus/coronavirus.html>, which includes information on how to prevent the spread of infection. The Department of Foreign Affairs is regularly updating its website regarding travel to affected areas at <https://www.dfa.ie/>

### **So what can you and your family do?**

- Where possible relax and destress. Get enough sleep. Being informed empowers us to look after our health and that of our families.
- Wash your hands with hot soapy water. If this is not available use hand sanitiser.
- Cough/sneeze into your elbow.
- Clean the air in closed environments (home, work space). I suggest using a diffuser with pure essential oils. For example, I use ravintsara, eucalyptus or tea tree as they have known antiviral properties.
- Be mindful of your steering wheel and door handles. If you can't clean them....wash your hands.
- Avoid large groups of people. When out and about distance yourself from others. Avoid hugging, kissing or shaking hands.

### **Hydrate with hot teas and water.**

Herbal teas: Echinacea, Thyme, Elderberry, Elderflower, lemonbalm, hawthorn, peppermint.

Astragalus and liquorice root need to be chopped small and covered in water in a pot; bring to the boil and simmer for approx. 20 minutes.

Children may enjoy elderberry/flower syrup or glycerite in warm water.

Sore throat can be eased with frequent throat gargles of sea salt with warm water or thyme/sage/liquorice tea.

### **Eat well.**

Eat a balanced diet with plenty of fruit and vegetables. Our body needs nutrients to build the resources to fight a virus and to eliminate its by-products. Herbs can and should be part of our diet. In particular, use fresh crushed garlic, thyme, sage, oregano, ginger, turmeric and cinnamon.

As we all have individual health care needs, be mindful that a person with a pre-existing condition or taking medication should follow the advice of their doctor. Seek advice from a clinical herbalist if you have uncertainty regarding any of the above herbal suggestions.

## Recipes

### Honey and lemon

#### Ingredients

1 squeeze of lemon  
 3-5 Juniperberries/blackberries  
 Tsp honey  
 Pinch of grated ginger

#### Instructions:

Add ingredients to a large mug of boiled water allow sit for 10 minutes covered with a saucer. There are many variations to this recipe. For example add one clove bud, lemonbalm leaves or a sprinkle of cinnamon. If your feeling hot substitute the ginger for mint/peppermint leaves.

### Fire Cider

A teaspoon daily or as a salad dressing. Fire cider can also be added to soups, broths, stews and curry. It is also a wonderful recipe to make with children. The recipe below is one I first learned of at a workshop by the Dublin Herb Bike. It has however many variations. For example, Astragalus root, Thyme or Rosemary can be added.

#### Ingredients

1 head of chopped garlic chopped  
 1 tsp cayenne pepper  
 A couple of pinches of black pepper  
 2 tbsp turmeric powder  
 1 chopped purple onion  
 Half cup of grated fresh ginger  
 Quarter cup of grated fresh horseradish  
 Quarter cup of elderberries  
 1l Apple cider vinegar  
 honey

#### Instructions

Add the ingredients (honey to be added at the end) to a 2l airtight container. Pour in the apple cider vinegar, making sure to cover the ingredients fully. Cover with baking paper and seal airtight with the lid. Leave to sit for one month, remembering to shake regularly. Strain/press using sieve or ideally cloth. Add 30mls of honey to every 250mls of fire cider. Mix well. Label with date and ingredients. Lasts for 6 months on a shelf in the press or 1 year in the fridge.

## Stew/ Broth base

### Ingredients

2 purple onions  
 2 carrots  
 3-4 celery stalks  
 Half cup of chopped thyme  
 Half cup of chopped parsley  
 Half cup of chopped oregano  
 Tbsp chopped sage  
 2 cloves of crushed chopped garlic  
 2 Tbsp olive oil  
 2 squeezes of lemon juice  
 Pinch of salt  
 2 Piches of ground black pepper.

### Instructions

Add ingredients to 500mls of water, bring to the boil and simmer for 30 minutes.

The above recipe is vegetarian and vegan however it can be used for many different dishes. For example; chicken bone broth. After the meat has been removed from the roasted chicken the remainder can be put in a pot with the broth base. Bring to the boil and simmer gently on low heat for 1 hour. Strain the bones from the broth with a sieve.

## Green spaghetti

There are many variants to the green paste. Add for example, wild garlic leaves, kale, spinach.

### Ingredients

Spaghetti (rice or spelt spaghetti is a nice alternative to wheat spaghetti)  
 Half a bulb of garlic  
 1 purple onion  
 2-3 cereal bowls of parsley  
 2 cereal bowls of chives  
 2-3 eggcups of olive oil  
 2 pinches of salt  
 2 pinches of ground black pepper  
 1 packet feta cheese  
 Half a lemon (juice)  
 150g Roasted pine nuts

## Green Spaghetti contd.

### Instructions

Boil spaghetti until al dente.

Roast pine nuts on a frying pan until golden brown.

Green paste:

Put all ingredients (except spaghetti and cheese) into food processor or blender and blend until the ingredients become a paste.

Add the paste and feta cheese to the strained hot spaghetti. Mix well and serve.

## Sauce base

### Ingredients

3 egg cups of Olive oil

4 Cloves of garlic (crushed and chopped)

2 Tbsp ground fenugreek

2 Tbsp ground fennel

1 Tbsp turmeric

1 tsp cayenne pepper

Pinch of salt

Pinch of black pepper

### Instructions

Add olive oil to a large frying pan on very low heat. Add the above ingredients and stir for 5-10 minutes. Add 6 chopped tomatoes or 1 tin of chopped tomatoes and allow to simmer gently for 20 minutes.

This sauce base can be used for many different dishes.

For example, add curry powder or garam masala and then add desired meat and vegetables.