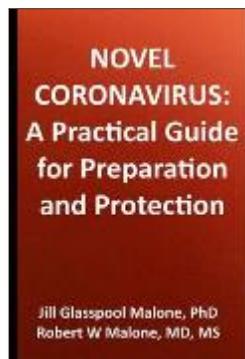

Novel Coronavirus: A Practical Guide for Preparation and Protection

by Robert W. Malone MD and Jill Glasspool Malone Phd



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ISBN13: 9781648267031

ISBN10: 1648267033

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Synopsis

This book provides a pragmatic, practical guide full of everyday tips for living in the real world, while doing what you can to avoid contracting the novel coronavirus (2019-nCoV). The most important thing that anyone can do to reduce the spread of novel coronavirus infection and disease among your community is to protect yourself, and this book is designed to empower each of us to accomplish this. It is also intended to help you to recognize the signs when you or someone else has become infected, but it should not be used as a substitute for proper diagnosis, evaluation, and management by a trained and licensed medical caregiver in the event that signs and symptoms of 2019-nCoV infection or disease develop. It is also absolutely not intended as a "doomsday", "survivalist" or "prepper" manual. It is written for average people; mothers, fathers, relatives and families, young and old, singles and couples, workers and retired, well off and living from paycheck to paycheck. At various points, this book does delve into more technical aspects of virology, epidemiology and the biology of novel coronaviral disease. These sections are written for the more scientifically adept and literate reader. However, if you are not scientifically minded, please do not let that scare you off. Discussions on how to protect yourself and your family, and how to prepare for the coming epidemic, are written for and easily understood by those without a strong scientific background. The book also has concrete suggestions on how to mitigate risks associated with businesses and the workplace. This includes risk management and continuity planning for businesses. Finally, an introduction to medical countermeasure (drugs, vaccines, antibodies etc.) development options for this novel coronavirus are discussed. A word of caution: overreaction triggering unnecessary panic can be extremely damaging - economically and in other ways. Just as under-reaction is a problem. Please remember to Keep Calm and Carry on.

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Product Details

ISBN: 9781648267031

Binding: Trade Paperback

Publication date: 02/12/2020

Publisher: ISBN Services

Language: English

Pages: 116

Height: .28IN

Width: 6.00IN

Author: Jill Glasspool Malone Phd

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