7 steps to take immediately if you test positive for COVID-19…

1. Don't wait until you start feeling really sick. Immediately begin bed rest, isolated from the rest of the family—preferably a bedroom that has its own bathroom. Your caregivers should wear protective gear even if all they have is a plastic trash bag, bandanna, gloves, etc. They should improvise the best they can if they don't have the proper protective equipment. If they have a mask, they should mist it with iodine which will help to kill viruses.

2. Don't wait until your lungs are affected. Begin chest fomentation treatments twice a day.

3. Drink at least 8 cups of water a day. No other liquid but pure water. That means no coffee, caffeinated tea, soft drinks, alcoholic beverages, or fruit juices.

4. Eat 2 or 3 meals a day consisting of unrefined, plant-based food items. Eat freely of fresh fruits and vegetables, whole grains and legumes. Avoid snacking. Avoid the use of refined carbohydrate products, dairy and meat products, and eliminate sugar in all its forms—honey, molasses, white or brown sugar, maple syrup, etc.

5. Keep your sick room warm, but with a widow open at all times for fresh, oxygenated outdoor air.

6. After all symptoms are gone; remain in a restful state for the next 2 to 5 days to prevent relapse.

7. Put your trust in divine power Read the promises in Psalms 91. Study God's Word— D2BibleSchool.com. Do not get into the fear mode! Fear compromises your immune system.

This was the protocol used by the Seventh-day Adventist Sanitariums in the 1918 Spanish Flu Pandemic that was so successful in combating this killer epidemic. There is reason to believe that this same approach will produce positive outcomes in this current COVID-19 Pandemic.

(The steps above are not meant to be a substitute for professional medical care—stay in touch with your medical provider.)