

New hygiene measures might prevent Covid 19

Ray Payette claims that hygiene practices not yet recommended by health care professionals might be important to contain the propagation of Covid 19



Quebec, May 21, 2020 ([Issuewire.com](https://www.issuewire.com)) - Ray Payette, a retired civil servant, is apt to contract the Covid 19 virus since he is in the age group at risk and has a vulnerable health condition. He produced a YouTube video explaining what he is doing to avoid this disease.

<https://youtu.be/IBIRTyfC5w>

Currently health professionals recommend that each individual keep a safe distance from one another, that they wash their hands regularly and that they preferably wear a sanitary mask.

Health workers swab the mouth and the sinus where they expect the virus to be. Ray Payette believes that people should clean these areas with the proper hygiene. He demonstrates how to gargle the mouth and throat with antibacterial mouthwash and he shows how to flush his sinuses with a saline solution.

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