



# Long Covid Advocacy

## Wonder Woman/Superman Covid Emergency Box

Thank you for downloading the checklist for the:

**WONDER WOMAN/SUPERMAN BOX** - this is a full survival kit if someone needs to isolate themselves in a room away from others.

**REST REST REST** is one of the most important things during infection so you can be reassured that you are ready if needed. Please talk to your family & loved ones especially if someone is clinically vulnerable or has Long Covid so you are clear on your strategy.

We have an [Amazon shopping list](#) & [video instructions](#).

### 5 Key Actions When Infected - RIVER

**Rest - Isolate - Ventilate - Emergency Box - Reduce Viral Load**

#### Interventions to help reduce viral load:

- Aggressive REST
- Hand sanitiser
- [HEPA Filter](#) [HEPA Filter Models](#)
- Isolate
- Nasal spray (in order of effectiveness)
  - Iota-carrageenan ie Boots Dual Defense, Nasitrol, Salinex, Agovirax, Betadine
  - Hypromellose ie Taffix
  - Nitric Oxide (NONS) ie Enovid, Sanatize, VirX
  - Xylitol ie Xlear
- Masks
  - N95/FFP3 ie 3M Aura, Cambridge Masks, Airpop.
- Mouthwash with
  - Cetylpyridinium Chloride ie Colgate Plax, Dentyl Dual Action, Sensodyne Pronamel Daily, Oral-B Pro-Expert Multi-Protection, OraCare+ Sensitive, Colgate Total Pro-Shield, Crest pro-health multi-protection



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- Saline rinse/Neti Pot twice daily
- Ventilation/Open windows

## Medications:

- Antihistamines
- Aspirin 75mg (gastro protect)
- Curcumin 500mg twice daily
- EGCG - green tea 800mg
- EPA 2g twice daily
- Galectin Inhibitors
- modified citrus pectin 600mg
- Lactobacillus planarum LP299v
- Lactoferrin 500mg twice daily
- Melatonin 1-5mg (at night)
- Metformin titrate to 1500mg or berberine 500mg
- Nattokinase 2000-5000FU x2
- Nigella Sativa Oil
- Paxlovid
- PEA 900mg
- Shuanghuanglian [2 caps](#)
- Stephen Buhner Covid Protocol
- Vaccination
- Vitamin C, D & zinc

## Others:

- Audio wishlist
- Blackout eye mask
- CO2 Monitor <800ppm
- Cotton hankies
- Covid tests-1st swab throat, cheek, gum THEN nose
- Cuddly toy
- Blackout eye mask
- Earplugs
- Emergency HCP phone numbers
- Medical guidance



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- Oximeter
- Thermometer
- Rubbish bag
- Sealable plastic box

## Symptom Relief

- Cough medicine - ie nin jiom pei pa koa/ robitussin
- Cough sweets
- Diffuser - ie bay leaf, eucalyptus, peppermint oils
- Lip balm/cream
- Vicks Vapour rub

Please see our [reference](#) document for studies & research

## Extra Items for Living

- Ready made Mason Jar Meals (options below)
- Kettle
- Easy prep foods - ie oily tinned fish, miso, noodles
- Large water container with tap or bottled water
- Plate
- Cutlery
- Bowl
- Mug
- Tea towel
- Cleaning spray & cloth
- Dry shampoo
- Brush
- Wet wipes
- Towel
- Toothbrush & Toothpaste



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- Loo roll
- Kitchen roll
- Sanitary products
- PJs
- Underwear
- Comfortable clothes
- Help to prep your box if you have Long Covid
- Personal medications/Supplements

## Snack, No Prep Food Ideas

Low histamine options i.e. oatcakes, rice cakes, flapjacks, pumpkin seed spread, muesli, nut milk, nuts, raisins, seeds, olive oil, black seed oil.

## Ready Made Mason Jar Options - [Video Instructions](#)

Rice Vermicelli, Noodles, Couscous, Dehydrated Vegetables, Jerky, Spices, Herbs, Chinese Soup Mix, Salt & Pepper, dried mushrooms esp shiitake, reishi, bouillon

Liquid, flavourings, options in a pot or as condiments ready to pour in - soy sauce, fish sauce, coconut milk, thai green curry mix, miso, honey, stock cubes/pots.

Oats, dried berries, raisins, cinnamon, cloves, dried apple, nuts, seeds

Please note these are suggestions only. You can be as creative as you wish and adapt your box as you need. This can help children cope with infection too, that's why we have superhero boxes!

If you are taking any medication please talk to your medical provider to check for contraindications.



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