



feeding, family and child education at home, and traditional Chinese medicine (TCM). This report is for reference only.

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A. Brief Introduction of Novel Coronavirus (COVID-19) Pneumonia

1. Pathogen - Novel Coronavirus of 2019 (2019-nCoV or SARS-CoV-2)

Coronavirus is a type of RNA virus with an envelope. It is named because it has coronal shape with protrusions protruding all around. With sudden unexplained pneumonia in Wuhan, the virus isolated from the lower respiratory tract of patients is a new coronavirus. And it belongs to the genus β -coronavirus which has an envelope with round or oval granules. It's usually multi-lined with a diameter of 60-140 nm. The genetic characteristics of the

Current research shows that the new coronavirus has more than 96% homology with SARS-like coronavirus (RnTG13)



* China-World Health Organization Novel Coronavirus (COVID-19) Joint Investigation Report (February 16, 2020 to February 24, 2020)

2. Routes of Transmission

The main transmission routes of the Novel Coronavirus (COVID-19) pneumonia are respiratory droplets



and contact transmission. The transmission routes of aerosol and fecal-to-oral transmission have yet to be further clarified. Approximately 93% of Canadian cases were infected within the country, and most of them were infections in the community (including households).

- Direct transmission: Refers to the infection caused by direct inhalation of the patient's sneezing, coughing, talking, droplets, and inhalation of exhaled gas at close distance
- Aerosol transmission: Refers to infection after inhalation of the mixing of droplets in the air which forms an aerosol
- Contact transmission: Refers to the infection after contact the contaminated surface of an object due to deposition of droplets through hands, and then contact with the oral cavity, nasal cavity, eyes, and other mucous membranes, causing infection

At present, it is believed that the transmission route of the Novel Coronavirus (COVID-19) pneumonia is mainly through **the respiratory tract droplets** and through **close contact**. There is a possibility of aerogel transmission when exposed to a high concentration of aerogel for a long time in a relatively closed environment, but it's not the main one. Other studies have found that COVID-19 virus have been detected in the stools of some diagnosed patients, but whether there is fecal-oral transmission



3. Susceptible Population

People of all ages can be infected, including newborns. Within confirmed cases In Canada, about 51% are females, and about **18%** are over 60 years old - a decrease of 6% from May last year. It is worth noting that **54%** of COVID-19 cases in Canada are young people under 40 – an 8% of increase than last May, and about **28%** are between the ages of 40-59 (<https://health-infobase.canada.ca/covid-19/epidemiological-summary-covid-19-cases.html>), the infected age ratio nowadays is **significantly**



younger than last May. There are infections in all regions of the world, and in all race and skin color.

4. Pathogenicity and Transmissibility of COVID-19

The incubation period from infection to onset is 1-14 days, mostly 3-7 days; the first week of infection is the most contagious. In addition to protecting COVID-19 patients and their close contacts, attention must be paid to those with **asymptomatic infections**, which have a high risk of transmission, especially **children** and **young people**. After children get infected at school, the symptoms are mild, not easy to find, and easy to spread to their family members – attention must be paid!

The pathogenicity of the novel coronavirus is not strong. At present, about 80% of infections are mild, but **it is highly contagious**. The Reproductive Number or R-naught R_0 is mostly **2-3** and can reach **5.7**, and **the speed of transmission is fast**. Canada has discovered **three** new coronavirus mutations – variants of concern (VOC). Strains, which spread more easily, cause more severe illness with higher hospitalizations and fatality, require different treatments, and not respond the same to the current vaccines. They are the majority of recent infections. About 47% have a history of contact with patients with COVID-19, 1.5% have traveled overseas or have contact with travellers, but the **48 percent do not know the source of infection**. As of April 26, the number of inpatients in Canada is approximately 62,000. The elderly and people with chronic underlying diseases have higher hospitalization rates and death risks, and some patients will have sequelae after discharge. After the epidemic was controlled, the R_0 fell below 1.0.

5. Symptoms and Diagnosis of COVID-19 Pneumonia

Although fever, fatigue, and dry cough are common symptoms of COVID-19, the most commonly reported symptoms of COVID-19 in Canada are cough (74%), headache (56%), and fatigue (55%) (<https://health-infobase.canada.ca/covid-19/epidemiological-summary-covid-19-cases.html>).

Symptoms can vary from person to person. Mild patients may only show cough, low fever, mild fatigue, etc., and may not have symptoms of pneumonia; a small number of patients are accompanied by nasal congestion, runny nose, sore throat, myalgia, headache and diarrhea, smell and taste disorders. In severe cases, dyspnea and / or hypoxemia usually occurs 1 week after the onset; severe cases can rapidly develop to acute respiratory syndrome, septic shock, metabolic acidosis, and coagulation dysfunction and multiple organ failure, etc. It is worth noting that some severe and critically patients may have **moderate to low fever**, or **even no obvious fever**. The **mutated virus** infection **develops rapidly**, such as shortness of breath and hypoxia. **Do not delay treatment**. Recently, some young people have died due to delay in treatment.

Although clinical symptoms, X-ray / CT and blood tests, patient contact, travel to epidemic areas and other epidemiological history are helpful for diagnosis, the diagnosis of novel coronavirus infection needs to be confirmed by positive viral nucleic acid testing or coronavirus gene sequence analysis. The positive rate in Canada was 2.2% last year and has increased to 4% this year.



6. “Negative transfers to Positive” and Serodiagnosis of Novel Coronavirus (COVID-19)

A small number of patients found a positive PCR virus nucleic acid test after discharge, which may be related to the short interval between the two nucleic acid tests (24 hours), laboratory sampling method, immunity, or other factors. The nucleic acid test "Negative transfers to Positive" indicates that it is still infectious, but these patients are not very contagious. After being infected with the novel coronavirus, specific antibodies such as IgM, IgG, etc. can be produced in the body. There is no evidence that the new coronavirus will reinfect after infection. The novel coronavirus can survive in the body for weeks or longer.

7. COVID-19 Vaccination and Population Protection

The vaccines currently approved for use in Canada include Pfizer, Moderna, AstraZeneca, and Janssen. These vaccines are safe and effective. Although there are reports of serious side effects of less than a few parts per million, after vaccination, they can reduce infection, disease symptoms and mortality; the benefits outweigh the risks. If you meet the vaccination requirements set by the local government, please vaccinate as soon as possible.

Of course, we must not ignore the side effects of the vaccine, especially in people with specific diseases, some people have serious side effects only a week after vaccination. Although the vaccine will play a huge role in herd immunity, in the foreseeable future, we must continue to wear masks, wash hands frequently, maintain social distancing, and avoid crowds. Vaccination does not mean that we can relax our vigilance and put ourselves and others at risk. Especially for mutated virus strains, it remains to be seen to what extent the vaccine can prevent both disease and infection-spreading.

B. Novel Coronavirus (COVID-19) Personal Protection

Although people who do not need home isolation can go out, it is better not or less to go out during the epidemic. Washing hands frequently, wearing masks when going out, not contacting patients, not gathering for parties or meals, and maintaining social distance are the simplest and most effective ways for individuals to cut off transmission routes. And to maintain a happy mood, regular living, moderate diet, balance of exercise and rest are the effective ways to ensure physical function and immunity. TCM theory says: "When there is sufficient vital qi inside, pathogenic factors have no way to invade the body". TCM treatments can be considered when it is appropriate.

1. Reasons Why You Should Not Go Out during the COVID-19 Pandemic?

Going out increases your risk of infection by taking a car, inhaling contaminated airborne particulates or aerosols, touching an asymptomatic infected person, or touching the surface of an infected object. Every time you sneeze, the lung fluid will form more than 40,000 small droplets, carrying a large number of viruses and bacteria at a high speed to reach 3-8 meters distance; in a confined space (cars, subways, shopping malls, etc.), the aerosol can float and drift for several hours to several days. Therefore, you will increase the risk of infection if you go out.



2. When and How to Wash Your Hands

Wash your hands in time when: covering your nose with your hands before sneezing, coughing, or blowing your nose; before, during, and after preparing food; before eating, after going to the washroom, when your hands are dirty, after returning home from outside, after touching pets or livestock, after touching the others, after touching public facilities, when dealing with wounds or taking care of patients, after handling garbage.

Wash Your Hands Properly:



<https://uptownmessenger.com/2020/04/viewpoint-the-good-housekeeping-seal-of-approval-circa-2020/>

Step 1 - Open the water, wet your hands with running water, apply hand soap (or soap bar), palms facing each other, keep fingers together and rub hands with each other until foam formed

Step 2 –The palm and the back of the hand rubs against each other along the fingers, and then exchange hands

Step 3 - Palms facing each other, cross your hands and rub along your fingers

Step 4 - Bend the joints of each finger, half-fist, put the back of the finger on the palm of the other hand, rotate and rub, exchange hands

Step 5 - Hold the thumb in one hand, rotate and rub, exchange hands



Step 6 - Put your fingertips together in the palm of your other hand, rotate and rub, exchange hands

Step 7 - Rub the wrist and arm of the other hand to the elbow with one hand, exchange hands

Rub for no less than **20 seconds**, then wash hands thoroughly with clean water, dry hands with clean towels or paper towels, do not touch the faucet after drying hands

3. Keep Your Home Environment Clean and Ventilated

A comfortable and clean living environment is beneficial to physical and mental health. Open windows 1-2 times a day to keep the air fresh and clean in the rooms. Replace the air filter of the furnace in time, and about once every six months according to the cleanliness. The ventilation ducts are best cleaned every 2 years. If there is a high risk of outbreaks in the residential area, such as many patients or tourists, near hospitals, many people coming and leaving home, you can consider disinfecting the home every 1-2 weeks.

Common household disinfection methods: The novel coronavirus is sensitive to heat. 56 °C for 30min, 75% ethanol, chlorine-containing disinfectant, peracetic acid and chloroform can effectively inactivate the virus.

Disinfection is one of the important methods to cut off the transmission of infectious diseases. Household use can choose chlorine disinfectant (such as "84" disinfectant), ethanol disinfectant (such as 75% ethanol). Chlorine-containing disinfectant is corrosive. After reaching the disinfection time, it needs to be wiped with clean water.

4. Health Canada Recommendations on Reducing the Spread of Novel Coronavirus (Diagram) (See next Page)



HELP REDUCE THE SPREAD OF COVID-19

TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):

 <p>follow the advice of your local public health authority</p>	 <p>wash your hands often with soap and water for at least 20 seconds</p>	 <p>use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available</p>	
 <p>try not to touch your eyes, nose or mouth</p>	 <p>avoid close contact with people who are sick and practice physical distancing</p>	 <p>cough and sneeze into your sleeve and not your hands</p>	 <p>stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m)</p>

SYMPTOMS

Symptoms of COVID-19 can:

- ▶ take up to 14 days to appear after exposure to the virus
- ▶ be very mild or more serious
- ▶ vary from person to person

IF YOU HAVE SYMPTOMS

 <p>Isolate at home to avoid spreading illness to others.</p>	 <p>Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.</p>
 <p>Call ahead before you visit a health care professional or call your local public health authority.</p>	 <p>If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.</p>

FOR INFORMATION ON COVID-19:

1-833-784-4397

[@ canada.ca/coronavirus](https://canada.ca/coronavirus)



5. How to Disinfect?

- 1) Keep the surface of the house items clean: Doorknobs, telephones, mobile phones, TV remote controls, desktops, floors, and other frequently contacted surfaces should be cleaned every day, and if necessary (If there are guests with unknown physical conditions visiting), it can be wiped and disinfected with medical alcohol or chlorine-containing disinfectant (used according to the Product Instructions), or it can also be wiped and disinfected directly with disinfectant towels;
- 2) Treatment of oral and nasal secretions: Hold their mouths and noses with paper towels when coughing and sneezing for all family members. Used paper towels and other garbage should be put into garbage bags and disposed in time. Other family members should avoid contact with them;
- 3) Change clothes frequently when going out, if necessary, boil then for disinfection, or use chlorine-containing disinfectant and soak for disinfection (use according to Product Instructions).

6. Compliance with Local Public Health Regulations and Recommendations

- During the epidemic, except for hospitals, the government, and certain departments of some companies, the service, catering, entertainment, and other risk industries were closed for epidemic prevention. All provinces, cities and regions have relevant regulations during the epidemic, including fines for violators. Compliance with local government regulations is the duty and responsibility of every resident;
- Stay home, no gathering, wash hands frequently and properly, wear masks when going out, and maintain a social distance of 2 meters – actions and measures can reduce the risk of infection for us and our families;
- Avoid or reduce visits to crowded places such as supermarkets, shopping malls, parks, etc.;
- If driving, wear disposable gloves when refueling. Car steering wheel, door handles, seats should be disinfected with disinfectant wipes daily;
- After returning home, take off the mask in the correct way and put it in the designated place; disposable masks are disposed according to the regulations; clothes, shoes and hats are placed designated location outside the door; wash hands with soap for **20 seconds**.

7. " Contaminated Area " and Trash Bin with Lid at Home

- Set up a relatively "contaminated area" (such as a garage, balcony) at home. Put external food, mail, and daily necessities in the contaminated area first, wear **disposable gloves**, and preferably spray and disinfect with **70% -75%** alcohol (except food). Leave them there for 24-72 hours before taking them to the house. If the food is packed, put it in the refrigerator immediately after removing the out packing, and do not touch other countertops. Gloves should be discarded at one time and be disinfected with alcohol for repeat use The newly-introduced plastic bags are sprayed and disinfected with alcohol, and then placed in the contaminated area of the hall for 1-3 days before being stored in the kitchen. Remind children not to go to contaminated areas;



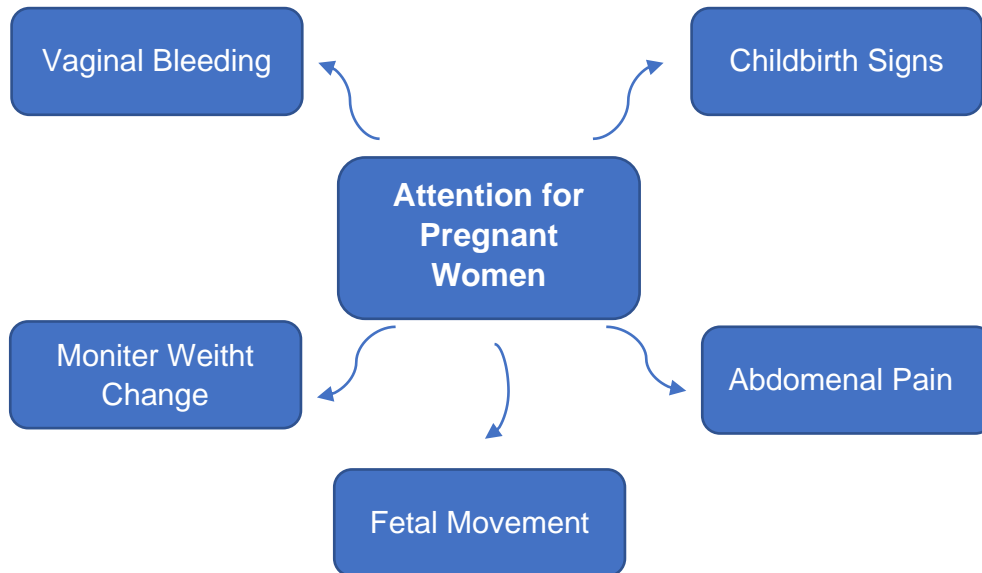
- Place a Step-on-Trash-Bin with Lid in the room and shared areas, and clear it carefully with gloves and masks weekly.
- ### 8. Keeping Happy Mood, Balanced Diet, Proper Exercises, and Healthy Living
- A good mood is the first important element of health. Everything has two sides. In case of incidents, stay positive, peaceful, and happy, avoid being anxious;
 - Balanced diet and nutrition, eat more fresh fruits and vegetables, drink enough water; eating 70% of fullness is beneficial to health;
 - Combination of exercise and Inertia, moderate exercise (30 to 60 minutes per day, light sweating is appropriate) can promote blood circulation, enhance physical fitness, improve resistance to disease, consume excess calories; Running, Yoga, Aerobics, Tai Chi, etc. are all good home exercise options;
 - Get up, eat, and sleep on time every day, preferably resting before 11 o'clock to let the liver perform metabolic detoxification at the best time;
 - Develop good catering and **hand hygiene habits**, separate [the dishes, chopsticks, and spoons](#), and learn the correct way of washing hands;
 - Follow good respiratory hygiene habits. [Sneeze / cough / mouth and nose secretions](#) should be wrapped in paper towels and discarded in covered dustbins.

9. Personal Protection during Pregnancy

- 1) Keep the fresh air and the appropriate temperature in the room, open the window in properly time, avoid too cold or too hot in case of catching colds
- 2) [Towels, bath towels, tableware, bedding, and other daily necessities for pregnant women are used alone](#) to avoid cross infection
- 3) Maintain hand hygiene at all times, wash hands with liquid soap and running water or hand sanitizer containing ethanol before meals and after bowel movement; Avoid touching mouth, nose, and eyes with hands if you are not sure whether your hands are clean; When sneezing or coughing, cover your mouth and nose with your elbows or tissues
- 4) Maintain balanced nutrition, [light diet, avoid overeating](#), and maintain weight management
- 5) Avoid visiting relatives and friends, do not contact with people having respiratory tract infections and people who have been in areas with high incidence of epidemics within 2 weeks
- 6) Maintain the regular lifestyle, [ensure adequate sleep, drink plenty of water, exercise properly](#), maintain a good attitude and increase your own immune ability



Pregnant women who have abnormal conditions during home Qurentine should call the obstetrician or family doctor in time and follow the doctor's instructions for obstetric examination. Pregnant women must make an appointment in advance when they have an obstetric check-up, protect well, and minimize the time for medical treatment. Sudden abnormal conditions include dizziness, headache, blurred vision, shortness of breath, increased blood pressure, vaginal bleeding or fluid, abnormal abdominal pain, abnormal fetal movement, etc.



10. Can I Pick Up Express during the COVID-19 Pandemic?

During the epidemic, try to reduce unnecessary couriers; When you need to pick up couriers, try to go to a fixed sending and receiving location to avoid choosing home delivery services. If you must choose home delivery services, [keep 1.5 meters](#) with the courier to [reduce face-to-face communication](#). After receiving the express package, sterilize the internal items with sterile wet paper towels and 75% alcohol cotton, and put them in the designated place for 1-3 days before using. After receiving the package, wash your hands with [soap with running water for 20 seconds](#).

C. Home Quarantine during the Novel Coronavirus Epidemic

1. Under What Conditions Need to Be Isolated at Home

According to Canadian government regulations, home isolation includes two types: quarantine (self-isolate) and **isolate**

Quarantine (self-isolate): Quarantine for 14 days if you have no symptoms and any of the following apply:



- You are returning from travel outside of Canada (mandatory quarantine)
- You had close contact with someone who has or is suspected to have COVID-19
- You have been told by the public health authority that you may have been exposed and need to quarantine

Isolate: You **must** isolate if any of the following apply:

- You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- You have symptoms of COVID-19, even if mild
- You have been in contact with a suspected, probable or confirmed case of COVID-19
- You have been told by public health that you may have been exposed to COVID-19
- You have returned from travel outside Canada with symptoms of COVID-19 (**mandatory**)

If you meet the above isolation conditions, for the safety and health of you, your family and friends, you should follow the suggestions below during your isolation.

2. Isolation Environment Setup and Control

- Isolators should be placed on well-ventilated and spacious floors / single rooms with washroom and bathroom
- If there is no single room, the bed should be separated by at least **2 meters** and **wear a mask**; if you must be in the same house with others, you need to restrict the movement of the isolator and minimize the shared space; Ensure that the shared space is well ventilated, at least twice a day
- Decline visitors
- Pets cannot enter the quarantine room to avoid becoming a virus carrier
- **The environment must be cleaned and disinfected** at least once a day, such as using diluted disinfectant (1 part disinfectant to 99 parts water)-common household disinfectant to Clean and disinfect the areas: bathroom and toilet surfaces, and frequently contacted bedside tables, bed frames and other bedroom furniture, mobile phones, TV remote controls, door handles, etc. For surfaces that are not resistant to disinfectant, **70% -75%** ethanol can be used to Clean and disinfect them
- For washing clothes, bedding, bath towels and hand towels, they can be cleaned using ordinary laundry soap and water, or using machine wash with ordinary laundry detergent at a temperature of 60-90 °C and dry thoroughly
- Relative "contaminated areas" and covered trash cans at home: Same as the personal protection **article 7 (B.7)** discussed earlier



3. Maintain Personal Hygiene during Quarantine and Cut off Transmission Routes

- If the quarantine has been diagnosed with the new coronavirus, they should only live in their own room. The environment should be strictly disinfected every day. Personal items such as clothes, bed sheets and towels can be cleaned and disinfected with warm water (60-90 °C) and detergent in the washing machine; Or they can be soaked in hot soapy water for 30 minutes and stir with a stick. In addition, it can also be soaked with 0.05% chlorine-containing bleach for about 30 minutes, rinsed with clean water, and then dried using drier or dried in the sun
- In a shared space, you need to **wear a mask** and maintain a social distance of **2 meters** away
- When coughing or sneezing, if you do not wear a mask, cover your nose and mouth with a tissue or forearm, and immediately wash your hands with tissues and soap for **20 seconds**
- Do not touch the mouth, nose, and eyes; if the skin and mucous membranes are damaged, apply a bandage immediately; disposable gloves for oral or respiratory care, and disposal of stool, urine, and waste. Hand hygiene measures should be taken before and after taking off gloves
- Wash hands frequently, except for washing hands before meals and after bowel movement, every time you use a computer, mobile phone, TV remote control, etc., wash your hands with soap carefully for **20 seconds**; Remind **children** to wash their hands **every half an hour**
- If the shared bathroom and toilet are used, the isolator should disinfect the bathroom countertops, urinals, bathtubs, etc. in a timely manner; If the shared kitchen is used, the isolator is prohibited from cooking, and the isolator 's dishes, chopsticks and spoons are for their own use. They should be disinfected with hot water or detergent immediately after use
- If the shared bathroom and toilet are used by the isolator, the bathroom countertops, urinals, bathtubs, etc. should be disinfected the **in a timely manner**; If the shared kitchen is used, the isolator is prohibited from cooking, and their **dishes, chopsticks and spoons are for their own use**, and be **disinfected** with hot water or detergent immediately after use
- All desktops, countertops, floors, keys, mobile phones, remote controls, door handles and other places in the home should be disinfected in time, at least once a day; **70% -75%** alcohol cotton balls or spray can be used
- Wear gloves when doing housework, especially when cleaning up garbage. Gloves should be discarded at a time, and repeated use should be disinfected with alcohol
- Non-isolators go out or drive, and the relevant protections are the same as the personal protection discussed in **Article 6 (B.6)**
- If renting with a roommate and confirming that the roommate is infected with the new crown virus, please be sure to inform the local public health department



4. Ensure Safe Diet, Physical Activity and Mental Health

- To ensure food safety, if the meal is cooked, please eat it **after heating**; Raw food can be handled according to the conventional hygienic food
- Balanced nutrition, moderate exercise and inertia, regular work and rest: The relevant protections are similar to **the personal protection article 8 (B.8)** discussed above; Choose food matching your physique and season; 30-45 minutes of daily activity; 15-20 minutes of hot foot bath
- Maintain an optimistic and positive attitude, mental health, chat with family and friends every day, do 1-2 things that interest you, and contact the doctor in time when needed

5. Effective Self-Isolation in a Shared House with Family Members

- Actively monitor daily health of individuals and family members, **and measure body temperature daily**. If there are suspicious symptoms, you should take the initiative to wear a mask and go to see the nearest doctor in time;
- Do not share **towels and cutlery among family members**, keep your **home clean**, Sun-cure your clothes and quilts frequently;
- If a family member needs to be isolated, the member should be separated from the others in the family and be alone in a specific room; If possible, do not share the washroom and bathroom with others.

6. When Family Members Have Symptoms That Require Isolation

- 1) It is best to fix one family member in good health to look after the observed person;
- 2) Do not share any items that may cause indirect contact pollution with the observed person, such as household items and tableware, to avoid indirect infection;
- 3) Medical surgical masks should be worn when meeting the observed person or entering the room of the observed person. Masks should be replaced on time. If the mask becomes wet or dirty, replace it immediately and wash your hands with running water and soap;
- 4) Do not directly touch the secretions of the observed person, especially sputum and feces. Use disposable gloves to dispose of the urine and other waste of the observed person, and wash hands after removing the gloves;
- 5) Do a good job of indoor disinfection, clean the dining table, bedside table, bedroom furniture and other countertops with disinfectant. Bed sheets, quilts, clothes should be washed with 60-90 °C water and dried thoroughly;
- 6) Observe your own health status: When you have fever, dry cough, fatigue and other symptoms, especially difficulty breathing, see a doctor right away.



7. Monitor Symptoms

When isolated at home, monitor yourself for symptoms of infection, including [fever, cough or shortness of breath, and fatigue](#). Other early symptoms that need attention are [chills, limb pain, sore throat, runny nose](#), diarrhea, smell and taste disorders.

8. Apply for Traditional Chinese Medicine (TCM)

If you have weak body constitution, a common cold, other underlying diseases, or are old, and want to have TCM treatments, you can consider using TCM methods after remote evaluation by a Chinese physician. However, although TCM has been widely used in the prevention and treatment of COVID-19 in China, and there are reports of clinical and basic scientific research supporting the efficacy of TCM, due to the limitations of scientific research itself, and differences between TCM and modern science in theory, practice, evaluation, and culture, etc., TCM prevention and treatment in Canada has not yet been officially and modernly recognized.

Fortunately, there have been more and more cases of successful TCM prevention and treatment of COVID-19 overseas recently. Therefore, from the perspective of adjusting the body's overall functional status and promoting the body's self-healing process, TCM herbal remedies can be used after consulting with a professional Chinese physician. In addition, other TCM modalities, such as Ba Duan Jin, acupuncture and acupressure (head, body, feet, ears, etc.), self-Tuina massage, and moxibustion, can also be used according to professional recommendations.

9. What Should I Do If Symptoms Occur during Isolation?

- If you have fever, cough, shortness of breath and other respiratory symptoms or diarrhea, please call the local public health department or doctor immediately and inform them the places you have recently visited or people you have been in close contact with;
- If necessary, you should go to a medical institution in time;
- On the way to medical institution, you should avoid taking public transportation or going to densely populated places;
- When visiting a doctor, you should take the initiative to tell your doctor about your travel history and the people you have contacted before and after the onset of illness, and cooperate with the relevant investigation.

10. Get Timely Communications and Medical Attention, Provincial Contact Information

- The quarantined person should ensure that the communication is smoothie, notify their friends, family members or the attending physician that they are being quarantined, and have a telephone number to contact when needed;
- Public Health Canada Health Hotline or Telephone: BC and Alberta: **811**, Ontario: 647-260-7100 / 1-877-543-8931, Quebec: 1-877-644-4545; Health Departments in Canada Telephone contact



website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>。

11. WHO Recommendations on Home Care for Patients with Suspected/Confirmed COVID-19



World Health Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For ill people

If you are ill with fever and cough



Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.

EPI·WiN www.who.int/covid-19



World Health Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.



World Health
Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

All members of the household



Wash hands with soap and water regularly, especially:

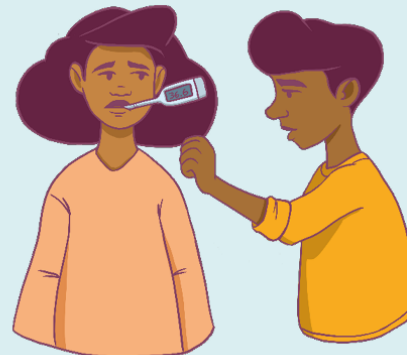
- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.




When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.






Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.




12. WHO Recommendations on Breastfeeding for Pregnant Women with COVID-19 (Diagram)







Women with COVID-19 can **breastfeed if they wish to do so. They should:**

-  Practice respiratory hygiene and wear a mask
-  Wash hands before and after touching the baby
-  Routinely clean and disinfect surfaces

 **World Health Organization** #COVID19 #CORONAVIRUS

If a woman with COVID-19 is too unwell to breastfeed, she can be supported to safely provide her baby with breastmilk in other ways, including by:

-  Expressing milk
-  Relactation
-  Donor human milk

 **World Health Organization** #COVID19 #CORONAVIRUS



I'm pregnant. How can I protect myself against COVID-19?

-  Wash your hands frequently
-  Avoid touching your eyes, nose and mouth
-  Put space between yourself and others
-  Cough or sneeze into your bent elbow or a tissue

If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.

 **World Health Organization** #COVID19 #CORONAVIRUS



13. WHO Recommendations on Stress Self-Relief against COVID-19 Pandemic (Diagram)

World Health Organization

Coping with stress during the 2019-nCov outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



 Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





14. WHO Recommendations on Hand Washing and Other Personal Hygiene (Diagram)

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect others from getting sick

Avoid close contact when you are experiencing cough and fever



Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



<https://www.who.int/zh/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



15. WHO Recommendation on How to Safely Wear a Mask (Diagram)

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's →

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

who.int/epi-win World Health Organization

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Don'ts →

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

who.int/epi-win World Health Organization

HOW TO WEAR A MEDICAL MASK SAFELY

Do's →

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

who.int/epi-win World Health Organization

HOW TO WEAR A MEDICAL MASK SAFELY

Don'ts →

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

who.int/epi-win World Health Organization

<https://www.who.int/zh/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>



16. WHO Recommendations on Family and Child Education at Home against COVID-19

COVID-19 has interrupted our daily work and daily life, which is a challenge for parents and children. Establishing a new schedule can help everyone through difficulties. School suspension is also an opportunity to improve the relationship between parents and the children.

The following links have 6 schematic diagrams, covering aspects such as arranging one-on-one time, maintaining positive energy, establishing a regular life, avoiding children's bad behaviors, managing stress, and talking about COVID-19, etc. so as to help parents and children have a constructive interaction life during the epidemic. For families with children, please refer to this section:

<https://www.who.int/zh/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

D. The roles of TCM in the Personal Protection against COVID-19

In the prevention and control of the Yibing/pestilence epidemic for thousands of years, TCM has made great contributions. Diseases diagnosed in modern medicine such as influenza, cholera, smallpox, plague, malaria, and epidemic hemorrhagic fever are all recorded in TCM literature. In the treatment of SARS in China (2003), the prominent role and effect of TCM has been paid attention and affirmed by the medical field and the WHO. (<https://apps.who.int/medicinedocs/en/d/Js6170e/4.html>); in the prevention and treatment of the Novel Coronavirus (COVID-19) Pneumonia pandemic, TCM has been widely used throughout China, and Chinese medicine has also been included in the "Protocols for the Diagnosis and Treatment of Novel Coronavirus (COVID-19) Pneumonia in China".

From the effective prevention and control of the pestilence epidemic in the history of TCM to the fact that China has successfully prevented and controlled the COVID-19 now, it shows that Chinese medicine should not and cannot be ignored in the prevention and control of the special pestilence - Novel Coronavirus (COVID-19) pandemic! **Appendix D** is an excerpt of TCM prevention methods recommended for different populations from the "Guidelines for Prevention and Treatment of COVID-19" in various provinces in China. Our other literature review report "Traditional Chinese Medicine and COVID-19 in China: The Mechanisms and Roles of TCM" will introduce the active role of TCM in the prevention and control of the Novel Coronavirus pneumonia pandemic from an academic perspective. stay tuned!

In view of the fact that Canada and other Western countries have not fully understood and accepted the role of TCM in the prevention and treatment of COVID-19 pneumonia and other pestilence epidemic, it will be an important topic that actively discussing how TCM can play an active role in the global Novel Coronavirus (COVID-19) pandemic together with modern medicine in Western society.



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Appendix D. Examples of TCM Guidelines for COVID-19 Prevention in China

Appendix D.1 Selected Herbal Formulae/Products for COVID-19 Prevention in China				
Herbal Formulae or Products	Target Population	Components	Usage	Reference*
A. Provincial Health Commission recommended Herbal Formulae/Tea				
No. 1 Herbal Tea Prescription: Mai Sang Ju Yin 预防方一 (麦桑菊饮)	General population	Maidong(Radix Ophiopogonis) 3g, Sangye(Morus alba L.)3g, Juhua (Chrysanthemum morifolium Ramat)3g, Chenpi(Citri Reticulatae Pericarpium)2g	Drink as tea daily. Add Huangqi (Astragalus) 10g if for population use	Beijing City TCM Guidelines
No. 3 Herbal Prescription 预防方三	Persons with Chronic diseases or close contacts including medical frontline workers	Huangqi(Astragalus) 9g, Bei Shashen(Adenophora stricta Miq.)9g, Zhimu (Anemarrhenae Rhizoma)9g, Jinyinhua (Lonicerae Japonicae Flos)5g, Lianqiao (Forsythiae Fructus) 9g, Cangzhu(Atractylodes lancea)9g, Jiegeng(Bellflower)6g	Soak for 30 minutes, then boiling cook on mild fire/heat for 30 minutes, drink 1-2 time daily, one package per day for 6 days	Beijing City TCM Guidelines
Herbal Tea Prescription for Children 儿童中药预防处方	Children	Jinyinhua (Lonicerae Japonicae Flos)3g, Lugen (Phragmitis Rhizoma)6g, Chenpi(Citri Reticulatae Pericarpium)2g	Drink as tea daily for 6 days, dosage may change by age and weight of a child	Beijing City TCM Guidelines
No. 2 Herbal Prescription for COVID-19 Prevention 预防新冠方: 肺炎2号	General adult population	Sheng Huangqi(Astragalus) 10g, Chao Baizhu(Atractylodis Macrocephalae Rhizoma) 10g,Fangfeng (Saposhnikovia divaricata)10g, Guanzhong (Cyrtomii Rhizoma)6g, Jinyinhua (Lonicerae Japonicae Flos)10g, Pei Lan (Eupatorii Herba)10g, Chenpi(Citri Reticulatae Pericarpium)6g	Soak for 30 minutes, then boiling cook 30 minutes, 2 times day, one package per day for 7-10 days	Hubei Provincial TCM Guidelines
Herbal Prescription for COVID-19 Prevention (Yu Ping Feng San Modifications) 玉屏风散加减	High risk population	Huangqi(Astragalus)15g, Fangfeng (Saposhnikovia divaricata)10g, Baizhu(Atractylodis Macrocephalae Rhizoma)12g, Jinyinhua (Lonicerae Japonicae Flos)10g, Huoxiang (Pogostemonis Herba)10g, Zisuye (Perillae Folium) 10g, Lugen (Phragmitis Rhizoma)15g, Gan Cao (Glycyrrhizae Radix)6g	Soak for 30 minutes, then boiling cook for 30 minutes, drink 1-2 time daily, one package per day for 6 days	Zhejiang Provincial TCM Guidelines
Herbal Tea Prescription 代茶饮方	Seniors, Children, and Persons with weak constitution	Huangqi(Astragalus)10g,Fangfeng (Saposhnikovia divaricata)6g, Jinyinhua (Lonicerae Japonicae Flos)6g, Lugen(Phragmitis Rhizoma)6g, Maidong(Radix Ophiopogonis) 6g, Cangzhu (Atractylodes lancea)6g, Dazao (Jujubae Fructus)3 pieces	Drink as tea daily	Heilong Jiang Provincial TCM Guidelines

Note: The Working Committee of this project compiled and translated the Appendix D, edited the Acupuncture Points, Special Notes, and Usage sections as appropriate. The Chinese names are provided for reference.

*Not an exclusive list, included only those Provincial Guidelines with detailed or representative information.

Source: 1) China Association of Traditional Chinese Medicine. Prevention Herbal Prescription for COVID-19, 10 Provinces in China. <http://www.catcm.org.cn/newsmain.asp?id=10562>.

2)The official website of each province in mainland China, and on-line search.



Appendix D.1 Selected Herbal Formulae/Products for COVID-19 Prevention in China (Cont'd)

Herbal Formulae or Products	Target Population	Components	Usage	Reference*
A. Provincial Health Commission recommended Herbal Formulae/Tea				
Herbal Tea Prescription No 1 预防处方一	Persons with abdominal distention and dampness during the epidemic	Huoxiang (Pogostemonis Herba)3g, Chenpi(Citri Reticulatae Pericarpium)3g, Sangye(Morus alba L.)3g, Lugen (Phragmitis Rhizoma)2g, Jiegeng(Bellflower)3g, Gan Cao (Glycyrrhizae Radix)2g	Boiling, then drink as tea, one package daily, half dosage for children less than 6 years old; precaution for pregnant women	Henan Provincial TCM Guidelines
Herbal Tea Prescription No 2 预防处方二	Persons vulnerable to common cold, and cold weather	Huangqi(Astragalus) 15g, Fangfeng (Saposhnikovia divaricata)10g, Chao Baizhu(Atractylodis Macrocephalae Rhizoma)15g, Qianhu 10g, Huoxiang (Pogostemonis Herba)10g, Yi Yi Ren (Coix seed)15g, Gancao (Glycyrrhizae Radix)3g	Boiling, then drink as tea, one package daily, twice a day for 6 days; precaution for pregnant women	Henan Provincial TCM Guidelines
Prevention Herbal Prescription for Warm-Tendency Constitute 偏热体质预防处方	Persons with warm-tendency of constitute	Bei Shashen(Adenophora stricta Miq.)15g, Sangye(Morus alba L.)9g, Jinyinhua (Lonicerae Japonicae Flos)9g, Jiegeng(Bellflower)9g, Gancao (Glycyrrhizae Radix)6g	Boiling on mild heat cooking 30 min then drink juice 1-2 time/day for 3 days; precautions for pregnant women	Yunnan Provincial TCM Guidelines
Prevention Herbal Prescription for Cold Tendency Constitute 偏寒体质预防处方	Persons with cold-tendency of constitute	Huangqi(Astragalus)15g,Chao Baizhu(Atractylodis Macrocephalae Rhizoma)15g, Fangfeng (Saposhnikovia divaricata)9g, Zisuye (Perillae Folium) 9g, Huoxiang (Pogostemonis Herba)9g, Zhi Gancao (baked Glycyrrhizae Radix)6g	Boiling on mild heat cooking 30 min then drink juice 1-2 time/day for 3 days; precautions for pregnant women	Yunnan Provincial TCM Guidelines
B. Provincial Health Commission Recommended Patent Chinese medicine or Herbal Products				
Yu Ping Feng San and Ying Qiao San Modifications 玉屏风散合银翘散	Cases without symptoms in medical observation	See above Zhejiang Provincial TCM Guidelines	Take 7-14 days as required	Shanxi (陕西)Provincial TCM Guidelines
Lianhua Qingwen Capsul 莲花清瘟胶囊	General population, Mild COVID-19	See Appendix A	Use as suggested	Jiangsu Provincial TCM Guidelines
Shu Feng Jie Du Capsule (疏风解毒胶囊)	Suspected cases during medical observation	See Appendix A	Use as suggested	Guangdong Provincial TCM Guidelines
Xiang Nang (Sachet) 香囊	General population during the epidemic	Huoxiang (Pogostemonis Herba)15-30g, Pei Lan (Eupatorii Herba)15-30g, Bingpian (Borneolum Syntheticum)6-9g, Baizhi (Angelicae Dahuricae Radix)15-30g	Grinding into powder, and put in a small fine-kneated sac, carry it with you; precautions for allergic constitutes	Gansu Provincial TCM Guidelines, recommended also in 10 other provinces

Note: The Working Committee of this project compiled and translated the Appendix D, edited the Acupuncture Points, Special Notes, and Usage sections as appropriate. The Chinese names are provided for reference.

*Not an exclusive list, included only those Provincial Guidelines with detailed or representative information.

Source: 1) China Association of Traditional Chinese Medicine. Prevention Herbal Prescription for COVID-19, 10 Provinces in China. <http://www.catcm.org.cn/news/main.asp?id=10562>.

2)The official website of each province in mainland China, and on-line search.



Appendix D.2 Selected Acupuncture and Other TCM Modalities for COVID-19 Prevention in China

C. National or Provincial Recommended Acupressure, Tuina, Moxa, and Other TCM Modalities				
TCM Modality	Acupuncture points/Notes	Components/Special Notes	Usage	Reference*
Self-Acupressure 穴位按摩保健法	Yingxiang (LI20), Fengchi (GB20), Dazhui (GV14), Zhongwan (CV12), Zusanli (ST36)	Remote-guided by acupuncturists, one can gently press and massage, by thumb or fingers, each of the selected points 3-5 minutes until feeling warming, distention, or other sensation, then to the next point	Gentely massging Yingxiang (LI20), Fengchi (GB20), Dazhui (GV14), Zhongwan (CV12), Zusanli (ST36)	Beijing City TCM Guidelines
Tuina Therapy 经穴推拿	Lung, Heart, Spleen, Stomach Meridians	Use methods of Dian (pointing 点), Rou (Kneading 揉), An (pressure 按), or Rou-An (Kneading-Pressing 揉按), Paida (Slapping 拍打), Kouji (Tapping 叩击) on the acupuncture points along the selected meridians	15-20 minutes treatment each time until feeling a bit of soreness and distention	China Association of Acupuncture-Moxibustion (CAAM) Guidelines
Skin Patch Therapy 敷贴疗法	Dazhui (GV14), Fengmen (B12), Feishu (B13), Pishu (B20), Qihai (CV 6), Guanyuan (CV4)	Remote-guided by acupuncturists, put the patches to the designated acupuncture points as required, may add heat on the patches	Add Neiguan (PC6) and Zusanli (ST36) if possible, 6-8 hours, take it off if itchy; precautions for sensitive skin	CAAM Guidelines
Traditional Moxa 传统灸法	Hegu (LI 4), Taichong (Liv 3), Zusanli (St 36), Shenque (CV8), Qihai (CV 6)	Holding moxa stick to LI 4 and Liv 3 points bilaterally and keep mild feeling of heat for 15 minutes, then to St 36 points of both sides for 10 minutes; using moxa stick holding box for CV 8 or CV 6 for 15 minutes	1-2 times a day (morning, evening); keep warm during moxibustion; guided by acupuncturists	CAAM Guidelines
Heat-Sensitive Moxa 热敏灸	Zhongwan (CV12), Shenque (CV8), Guanyuan (CV4)	Slowly moving moxa stick forward-backward along the Ren Mai around the point area until feeling heat sensation penetrating, spreading, comforting or remote sensation, then hold moxa to the point	45 Minutes each time daily; keep warm during moxibustion; precautions to burning injury	Jiangxi Provincial TCM Guidelines
Traditional exercises 传统功法	General population	Practice Yi Jing Jing (易筋经), Taiji (太极拳), Ba Duan Jing (八段锦), Abdominal breathing, Slow running, other exercises	15-30 minutes daily, feeling slightly sweating, avoid over-exercises	CAAM Guidelines, 6+ Provincial TCM Guidelines
Emotional Adjustment 情志疏导	Ear: Shenmen, Liver, Heart, Jiaogan; Body: Neiguan (PC6)	Use seeding for acupoints acupressure; encourage positive thinking, happy and peaceful mind, use relaxing music, and help quality sleeping	Gentely press the seeding points 30-45 seconds for each, 3-4 times daily for 3 days	CAAM Guidelines, Henan, Tianjin, Sichuan, Hubei Guidelines

Note: The Working Committee of this project compiled and translated the Appendix D, edited the Acupuncture Points, Special Notes, and Usage sections as appropriate. The Chinese names are provided for reference.

*Not an exclusive list, included only those Provincial Guidelines with detailed or representative information.

Source: 1) China Association of Traditional Chinese Medicine. Prevention Herbal Prescription for COVID-19, 10 Provinces in China. <http://www.catcm.org.cn/news/main.asp?id=10562>.

2) The official website of each province in mainland China, and on-line search.

3) Acupuncturist Expert Panel of China. Acupuncture Intervention for COVID-19 Guidelines, 2nd Ed, March 2020.

China Association of Acupuncture-Moxibustion (CAAM). <http://www.caam.cn/>.



Appendix D.2 Selected Acupuncture and Other TCM Modalities for COVID-19 Prevention in China (Cont'd)

C. National or Provincial Recommended Acupressure, Tuina, Moxa, and Other TCM Modalities

TCM Modality	Acupuncture points/Notes	Components/Special Notes	Usage	Reference*
Diet Modifications 食疗	Diet soup for general population	Yin Er (White fungus) 75g, Baihe (Lily)100g, Shanyao (Chinese yam)50g, Paigu (Port Steak)500g, Lianzi (Lotus seeds)5g	Wash clean, then put into pot, slow cook for 3 hr, then eat and drink as appropriate	Gansu Provincial TCM Guidelines
	Diet soup for vulnerable Population with weak constitution	Yiyi Ren (Coix seed)30g, Hu Luobo (Carrot) 250g, Xian Baihe (Fresh Lily) 150g, Huangqi (Astragalus) 30g, Caoguo (Tsaoko)15g, Bai Doukou (White cardamom)30g, Jupí (Orange peel) 30g, Mizao (Candied dates) 4 pieces, Sheng Jiang (Jinger) 3 pieces	Slow cook in pot 3 hr, may add lean meat, salty or sweet taste as one prefers, take by four persons	Gansu Provincial TCM Guidelines
Rehabilitation Diet 康复调理	Diet for persons recovered from COVID-19 with slightly dry cough	Pear-Lily soup: one Xueli (Pear), Ying Er (white Fungus), Baihe (Lily), Maidong (Radix Ophiopogonis), proper amount, mild heat boiling for 25-30 minutes	Consult with TCM practitioners as required, cook until pear becoming soft, then drink and eat	Tianjin City TCM Guidelines
	Diet for persons recovered from COVID-19 with poor digestion	Rice porridge with Fuling (Poria), Xinren (Almond), Yiyi Ren (Coix seed), Shanyao (Chinese yam) proper amount	Consult with TCM practitioners as required, slow cook in pot 2-3 hr, then eat	Tianjin City TCM Guidelines
Indoor Herbal Airbath/Fumigation 室内熏药	Living and working environment	1) Moxa stick: Light a moxa stick inside the room, until the stick finishing, once a day; 2) Herb: Cangzhu (Atractylodes lancea)30g, 1-2 times daily	Low heat boiling the herb in 1000 ml water for30 minutes - steaming, 1-2 times a day; precautions for persons with allergies	Hubei Provincial TCM Guidelines
Smelling Heat-Sensitive Moxa 艾熏	Nose	Heat-sensitive moxa contains aromatic components, and Qianghuo (Notopterygii Rhizoma seu Radix), Duohuo, Xixin (Asari Radix et Rhizoma), Chuanxiong (Rhizoma Chuangxiong)	Put lighted heat-sensitive moxa stick close to nose, smell 30 seconds each time, every hour daily	Jiangxi Provincial TCM Guidelines
Moxa Footbath 艾绒足浴	Feet	Put half of heat-sensitive stick into 1000 ml hot/warm water soaking feet until sweating at forehead	38-45 C, Soaking feet 30 minutes daily	Jiangxi Provincial TCM Guidelines
Herbal Formula for Footbath 足浴	Feet	Duzhong (Eucommia)30-45g, Chuan Xuduan (Dipsacus asperoides C.Y. Cheng et T.M. Ai)30-45g, Dang Gui (Radix Angelicae Sinensis)15-20g, Zhi Huangqi (Baked Astragalus)30-45g, Huoxiang (Pogostemonis Herba)15-30g, Shengjiang (Zingiberis Rhizoma Recens)15-20g	With 2000 ml water boiling 45 minutes, then put the liquid into a barrel or container for footbath 30 minutes until slightly sweating, twice a day	Gansu Provincial TCM Guidelines, also in Hebei, Zhejiang TCM Guidelines