

List of Home Remedies You Can Make: Coronavirus/COVID-19 Protection Resources

For regular updates and information on COVID-19 spread and response visit:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

***Making a natural disinfectant vinegar base instruction**

<https://www.wikihow.com/Make-a-Natural-Disinfectant>



video - <https://www.youtube.com/watch?v=ux4w-AwIMZ0>

***How to make a hand sanitizer video** - <https://www.youtube.com/watch?v=eeY-FVia1Vg>

<https://www.youtube.com/watch?v=3TxjTDYOFg0>



**Note: Content found in this document are suggestions only and have not been approved by the CDC.*

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How to wash your hands - https://www.youtube.com/watch?v=4xC-_7ZiQoY

***Boost your immune system** - <https://www.youtube.com/watch?v=FqkB7jw99rQ>

List for coronavirus essentials shopping list -

<https://www.youtube.com/watch?v=g-rVcaFSfSA>

Fact checking coronavirus information -

- <https://www.youtube.com/watch?v=5CRxyHU9Oxo>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://youtu.be/c09m5f7Gnic> (comic relief)
- https://youtu.be/_066dEkycr4 (comic relief)

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