

VIRAL ACCOUNTABILITY[®]

An Accountable Person **A I M S** for Health and Safety

A

ALKALIZE



RAISE YOUR PH TO 6.8-7.3 (Saliva)

- WHY**
- ▶ Viruses LOVE acid
 - ▶ Low PH reduce's your body's ability to fight invading germs
- HOW**
- ▶ Consume LESS processed/fried food, sugar, alcohol, & caffeine
 - ▶ Eat MORE veggies, fruits, & nuts
 - ▶ Drink high-alkaline water

BOOST YOUR IMMUNE SYSTEM

- WHY**
- ▶ It's your DEFENSE against disease
 - ▶ It reduces inflammation and protects your brain
- HOW**
- ▶ Take Vitamin C
 - ▶ Drink carrot juice, orange juice & fennel tea
 - ▶ Consume green Superfoods



I

IMMUNIZE

M

MINIMIZE



REDUCE EXPOSURE

- WHY**
- ▶ It's your primary OFFENSE
 - ▶ It promotes your health & safety as well as that of other people
- HOW**
- ▶ Be AWARE of your surroundings- especially in crowds
 - ▶ Keep your hands away from your face- especially your eyes

WASH, WIPE, & WEAR

- WHY**
- ▶ To minimize your potential for infection
 - ▶ To promote health and safety of everyone
- HOW**
- ▶ Wash your hands OFTEN (any soap will do)
 - ▶ Wipe down surfaces touched by others with disinfectant wipes
 - ▶ If YOU are sick- wear a mask



S

SANITIZE



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For up-to-date (no hype) sources of information
go to ppiweb.com/covid-updates