



# Revista Boliviana de Química

**ANTI-COVID19 PERSONAL BIOSECURITY PROTOCOL. EMPIRICAL-SCIENTIFIC METHOD OF ANTIVIRAL PREVENTION, SAVES LIVES**

**1 DAILY ROUTINE**  
**WASH YOUR NOSE WHEN YOU WAKE UP AND BEFORE GOING TO BED (2 times a day at least) [3XAL]. Nasal Hygiene**

- Nose wash, moderately inhaling lukewarm water (the virus mixes well with water) with the help of your hands in front of the sink
- Immediate expulsion of the water contained in the nose, lifting the nostrils with the hands and blowing through the nose with the mouth closed, visually check the expulsion of mucus from the nose
- Repeat the above steps 4 to 5 times until all the mucus is expelled from the nose.
- Repeat nasal hygiene several times a day depending on detected symptoms of nasal discomfort (at least 3 times a day)

**WASH YOUR MOUTH AND HANDS FREQUENTLY**

- Mouth with toothpaste and water
- Hands with soap and water or medical alcohol con agua
- Several times a day

**2 DAILY ROUTINE**  
**USO RECURRING USE OF VICKS VAPORUB OR MENTHOLATUM IN OINTMENT IN THE NASAL FANS AND THROAT (INSIDE MOUTH)**

- On public transport
- In every place with people, rooms, supermarkets, classes, hospitals, barracks, restaurants, public offices, banks, etc.

**UMSA'S OFFICIAL ANTI-COVID-19 PREVENTION METHOD**

FCPN Facultad de Ciencias Puras y Naturales UMSA  
IIQ Instituto de Investigaciones Químicas

**EVENTUALLY 3**  
**WHEN THE THROAT BURNS**

- Mouth rinse with toothpaste and water
- Immediate ingestion of Ibuprofen 600 mg every 12 hours
- Placing Vicks VapoRub or Mentholatum ointment in the throat (inside mouth)

**CLOSED ENVIRONMENT 4**  
**AIR DISINFECTION, ANTIVIRAL CLEANING WITH BOILING OF EUCALYPTUS LEAVES**

- In every place with people, rooms, supermarkets, classes, hospitals, barracks, restaurants, public offices, banks, etc.

Scan with your phone for more information

*Eucalyptol and alpha-pinene, natural products with antiviral activity. Personal anti covid-19 prevention method based on essential oils; nasal, oral and manual aqueous cleaning [3xAL]. Coronavirus: environmental disinfection by eucalyptus José A. Bravo et al., pp. 80-94*

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