HOW I FOUGHT AND DEFEATED COVID-19

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Finding out that you have COVID is scary enough, but realizing that there is no medicine or vaccine that you can take to make the virus go away makes it worse. It's a guessing to see what will work for you and just hope and pray you don't get worse. Over the course of my two weeks in self-isolation, there were a few things I did almost every day that helped my symptoms go away, and helped me get over the virus.

First, I drank A LOT of hot tea and hot water. In both I would add honey, ginger and lemon juice. The ginger can either be fresh ginger root or there are these really amazing ginger tea packets that can be added to tea or water that I love. I enjoyed drinking herbal teas that were specifically for soothing the throat or immunity. The first half of my time with the virus I had a sore throat and a lot of coughing, and the tea helped me a lot. I drank a full 16oz tumbler of the hot tea or hot water mixture twice a day.

Second, because I had some chest congestion and coughing for the first week I started showing symptoms, I took Mucinex daily. The congestion went away within a few days after my test results came back. The cough however was very stubborn and didn't stop until the last few days of isolation. Because I was short of breath all the time, I would cough a lot when I would take deep breaths, laugh or talk.

Third, I forced myself to move around and take deep breaths. The virus feels similar to the flu in that your body will feel very sore and achy, and breathing will become a task. It's so easy to just lay in bed all day or in a comfy chair and not move. But by doing that you're letting the virus take over your body. I made sure to at least walk around my room for a little bit every day, and to stretch out my arms and legs at least once an hour. I also spent a lot of time taking deep breaths and holding them for 10 seconds or so and then releasing them. I'm not gonna lie, it was so difficult because I could feel my lungs protesting each time and it felt like I was about to pass out. But I knew I had to push my lungs a little bit so that I wouldn't continue to have issues breathing.

Fourth, I really believe this remedy was a major contributor to helping me get better. We would boil a lot of water, dump it into a big bucket, and add Vicks Vapo Steam to the water. I would then grab a big blanket and kneel over that bucket, place my head as far in as I could with the blanket placed over me basically sealing me in so I would breathe in the steam that was rising. I would sit there for about 10 minutes. Within a few minutes you will be dripping with sweat and the heat will be uncomfortable, and you will want to throw that blanket off and give up. But I swear it helped with my breathing so much and clearing out my lungs and throat.

Finally, it would have been so easy for me to just spend my two weeks of isolation in bed and just watch Netflix or spend all my time on social media. But when you give up, you're telling your body to give up. You have to fight the virus and do your best to prevent it from getting worse. While it's not guaranteed that things won't possibly get worse, you have to behave like you'll just have two weeks of isolation and everything will be fine. Until there is a vaccine that can prevent more people from getting the virus, these are some of the things that I did to prevent COVID-19 from taking over my body.