



A Manual for Disease Prevention and Health Protection

# Preventive Measures for Health and Well-being



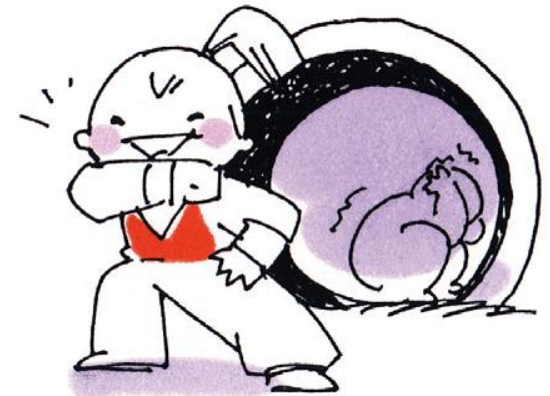
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## The Definition of True Health

The definition of health by the World Health Organization (WHO) is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Only when a whole community is healthy can the health of its individual members be protected. Only when every individual member is healthy, can the community stay healthy as a whole.





## Preventive Measures for Health and Well-being

To stay healthy, we need to take care of both our internal and external environments. The “internal environment” refers to our body and mind. Enhancing the immune system and keeping the balance of the body and mind are essential for preventing infectious diseases.

Every cell in the body has the ability to protect itself. Yet, when a certain part of the body is weak, pathogens can enter the body. If a person often feels fulfilled on the inside, thinks positive thoughts, and keeps replenishing your body with good energy, then good cells will be regenerated and bad ones eliminated. Thus, you won't get sick easily.



# Enhance the Immune System = Effectively Prevent Diseases

## Avoid the Three Don'ts to Stay Healthy

Frequently remind yourself to avoid the “three don'ts” as staying mentally healthy is crucial for preventing infectious diseases.



1. Don't be angry.

2. Don't be worried.

3. Don't be anxious.



2

**Don't be worried.**

When you are well-prepared for everything, you won't be worried.

1 **Don't be angry.**

When you are in a good mood, you can maintain physical and mental balance.



3

**Don't be anxious.**

When you understand the situation, you won't be anxious.



# Follow the Five Do's to Stay Healthy

Follow the “five do’s” to build a solid foundation for healthy living and protect yourself from the threat of diseases.

1. Wash your hands frequently.

2. Drink more warm water.

3. Exercise more.

4. Be happy.

5. Be cautious.



1

**Wash your hands frequently** to stop the transmission of pathogens.

**Drink more warm water** to remove toxins from the body.

2



3

**Exercise more** to improve your metabolism and get your daily dose of sunshine to enhance your immune system.



4

**Be happy** to boost your immune system.

**Be cautious.** Pay attention to routes of transmission and preventive measures.

5



# Wash Your Hands Frequently to Prevent Disease Transmission

Many of the known viruses are primarily transmitted through a patient's bodily fluids (phlegm, saliva, nasal mucus, tears, semen, blood, urine, stool), bites of vectors (mosquitoes, fleas or other insects), or excreta of rats.

Washing your hands frequently helps remove pathogens from your hands. This is an effective way to prevent pathogens from getting into your eyes, nose and mouth.

- ⦿ Wash Your Hands Frequently.
- ⦿ Wash your hands before touching your or others' eyes, noses or mouths.
- ⦿ Wash your hands before eating or preparing food.
- ⦿ After coming home, wash your hands before touching anything.
- ⦿ Wash your hands after touching an object in a public place, such as handrails, door knobs, elevator buttons, etc.





## Create a Joyful Atmosphere and Enhance Your Immunity

Staying happy, saying good words, nurturing a kind heart, and doing good deeds can help boost your immune system and protect yourself from diseases.

Being happy helps you:

- ⦿ relax muscles.
- ⦿ maintain a normal blood pressure, heart beats, and good metabolism.
- ⦿ keep a healthy complexion.
- ⦿ enhance your immune system.

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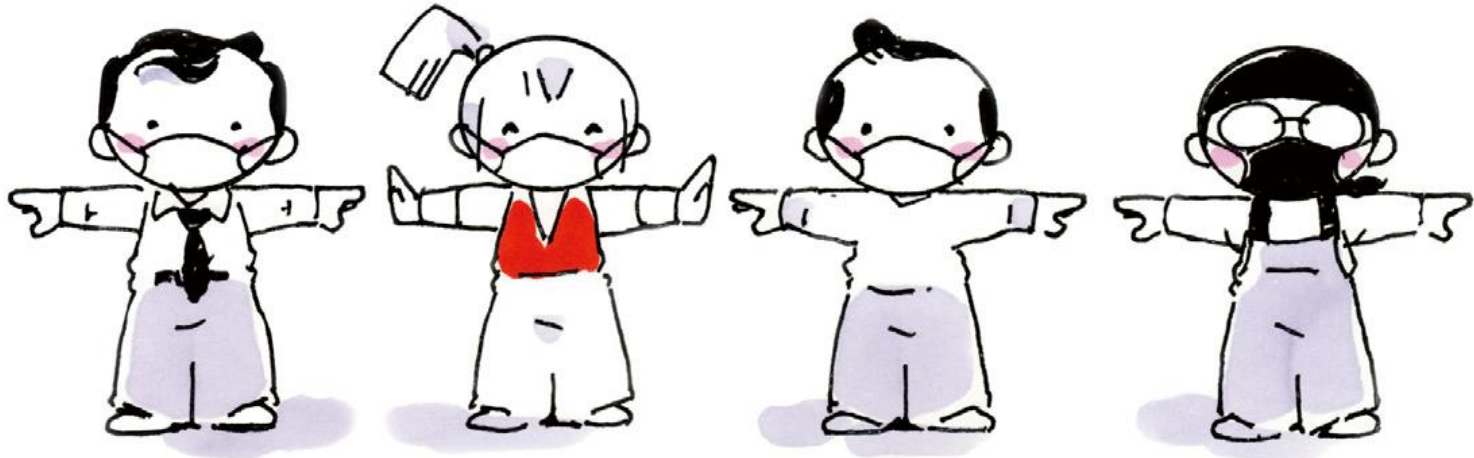
## Control Your Temper and Take Care of Your Body

Getting angry affects you and others both physically and mentally. Remember not to get angry. This is beneficial both to you and others.



# Stay Safe and Healthy

Keep social distance, wash hands frequently, refrain from touching eyes, nose and mouth, and enhance lung capacity and immunity.





# Be Careful and Don't Worry. Understand the Situation and Don't Be Anxious.

Diseases can be easily transmitted through close person-to-person contact and international transportation. Acquiring accurate and useful information on disease prevention can help you stay vigilant and prevent anxiety caused by rumors.

A calm state of mind can lessen unnecessary anxiety. Worry, fear, and pressure help nothing. They produce more toxins in one's body and weaken one's immune system.

Therefore, to keep safe, a relaxed and stable heart is the key. With this in mind, everything will turn out fine.



# Health Protection Checklist

Take good care of yourself. Remind yourself to practice the following tips daily.

## Diet:

- Drink more warm water and sweat more to remove toxins from your body.
- Gargle with salt water.
- Keep a balanced diet by eating more vegetables and fruits.
- Eat at home frequently and keep your kitchen utensils clean.

## Clothing:

- Change your clothes frequently and wash your underclothes and other clothes separately.
- Carry your handkerchief or facial tissues.

## Housing:

- Maintain good ventilation inside buildings.
- Keep the environment clean.
- Have enough sleep.



## **Transportation:**

- Avoid visiting poorly ventilated and crowded places.
- Avoid visiting the sick unless it is necessary.
- Keep a proper distance while talking with others.  
If you enter and exit crowded places, or take public transportation, please wear a mask.

## **Health:**

- Pay attention to whether you have fever or chills. Take your body temperature immediately. If there is any abnormality, seek medical attention as soon as possible.
- Pay attention to the latest information on health protection.
- Use phone, video or social software to care about relatives and friends, share the correct concept of epidemic prevention, and give them peace of mind.

## **Activity:**

- Appropriate exercise and rest.
- Sunbathe five to seven minutes every day.
- Sing more positive songs every day to keep a good mood.

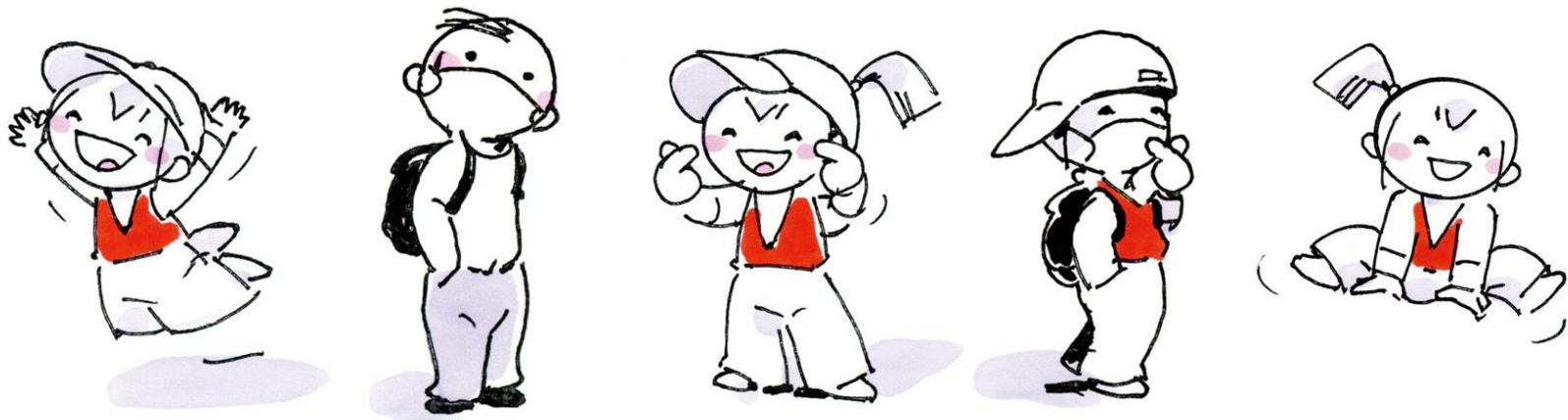




## Help One Another Stay Safe and Healthy

We belong to one big family. Every individual's health is interrelated. Our safety depends on you and me.

Preventing the spread of infectious diseases is everybody's business. Only when everybody's immune system is enhanced can we stop the transmission of diseases. When we nurture a good heart, say good words, do good deeds, and practice these disease prevention tips, we can maintain the balance of the body and mind.



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