

saves you and others (if you are asymptomatic and have the ability to spread). Recently, wearing double masks has been recommended in India, especially in densely infected areas. People are also advised to wear masks even within the house, while living in apartments with a sizable number of infected patients.

- *Wash your hands:* The best way to avoid the transmission of infectious infections is to wash your hands properly with soap and water for at least 20 seconds, or to use hand sanitizer when soap and water are unavailable.

- *Keep clear from poorly ventilated indoor areas:* Now that we know COVID-19 can transmit through aerosols, we need to pay close attention to the air quality and ventilation quality in our households and other indoor areas. Air purifiers, high-quality AC filters and allowing outdoor air inside (i.e. opening the windows) will all help to increase your home's air exchange rate.

- *Avoid close contact with those who are sick or have been exposed:* This may seem obvious, but avoid getting too close to people who are ill or have been exposed to the coronavirus. Person-to-person contact is the main mode of transmission for the virus, so keep a safe

distance from others who are exhibiting symptoms.

- *Avoid needless travel:* It is always a good idea to avoid indoor public areas wherever possible, particularly if you have a high probability of developing serious complications. For e.g., instead of going to the bank, try doing your banking online. Plan the shopping list carefully so you do not have to make a second or third outing. If you used to eat out three nights a week, try only one night a week and consider take-away.

- *Adhere to public health guidelines:* All state governments have issued guidelines on how to slow the spread of the coronavirus. These involve social distancing, limiting the types of businesses that may operate and the types of activities that are permitted, such as outdoor exercise or private gatherings.

- *Boost the immune system:* A healthy immune system is the strongest protection against disease, in addition to basic illness prevention. When the immune system is working well, the body is able to fend off infections, and everybody should make an attempt to improve their immune system. Keep hydrated, limit the intake to highly refined foods, and ensure you get adequate vitamin D,

vitamin C, antioxidants, and other vital nutrients.

- *Maintain your calm:* In addition to your health and fitness, you should look after your mental health. High stress levels will have a negative impact on the immune system, which is the opposite of what you want if you want to prevent the coronavirus.

- *Stay up-to-date:* It is possible to get caught up in the ever-increasing amount of information available online, as well as the paranoia and disinformation that spreads on social media and your best bet is to get the information directly from the health agencies that are researching the problem first-hand.

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## Addendum

### 2020 Nobel Prize for Physics: Black holes and the Milky Way's darkest secret

**Joseph Samuel**

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