



COVID-19 Quick Reference Guide

*Immediate Steps to Reduce Your Risk of
COVID-19 and “Long Haul” Covid Disease*

This guide has been updated
and can be found at:

<https://bit.ly/CCHFguide>

*By Twila Brase, RN, PHN
President and Co-founder
Updated, January 2022*

Inside:
EARLY TREATMENT
KIT instructions
and one-page
QUICK-ACTION
SUMMARY