

Breathing Test for Coronavirus aka CoVid-19

With the intention to assist friends, clients, colleagues, associates and others interested in self-care suggestions, and to help minimize feelings of helplessness during this stress filled time wrapped around the Coronavirus also known as CoVid-19, I'm searching the internet to offer helpful suggestions in a variety of ways. This is one of those ways. I have no intention of taking credit for another's work or contribution. They deserve full credit; therefore, you will see exactly where these articles originated so that you can copy and paste the web address to access informative links located within their articles.

This article By Coby Hall March 13, 2020

<https://bestlifeonline.com/breath-test-coronavirus/>

Holding Your Breath for 10 Seconds Is Not a Reliable Coronavirus Test Here's what you need to know about that viral breathing test for coronavirus.

By [Colby Hall](#) March 13, 2020



There is a lot of information out there about coronavirus, but unfortunately, much of it is simply not true. Take, for example, the simple 10-second home [breath test for coronavirus](#) that's made the rounds on social media, attributed to an unnamed Japanese doctor: "If you can hold your breath for 10 seconds then you don't have coronavirus." Even celebrities like **Amy Schumer** have shared it! But it turns out that breathing test isn't to be trusted.

The [Associated Press](#) consulted medical experts who say "the test would not provide a clear indication of whether someone has the novel coronavirus."

Social media users are sharing the false claim on platforms that include What's App, Twitter, and Facebook. The claim, which has three parts, first says that if a coronavirus patient goes to the hospital too late their lungs will experience 50 percent fibrosis, scarring of the lungs that restricts breathing. It goes on to suggest the 10 second breathing test, finally stating that drinking water every 15 minutes will kill the virus.

Sadly, there is a [long list of myths](#) about curing or [avoiding coronavirus](#) in addition to the 10-second breathing test and drinking lots of water. Drinking silver solution? Not going to help you. Boiling garlic in water? Waste of garlic and water. Eating kale, avoiding ice cream, or consuming essential oils or Chinese herbs? Nope, nope, and nope.

What we [know about coronavirus](#) is this: It's officially a [global pandemic](#) and the worst is yet to come. The head of the National Institute of Allergy and Infectious Disease (NIAID), **Anthony Fauci**, MD, has warned that [coronavirus is going to get much worse](#) in the U.S. before it gets better. Also, there has

been a dangerously [low amount of actual coronavirus tests](#) so far, according to the Centers for Disease Control and Prevention (CDC).

So how does one [reduce the spread of COVID-19](#) and limit their risk of getting sick? Right now, there are some very simple rules to follow:

1. [Wash your hands](#) regularly and thoroughly for at least 20 seconds.
2. Avoid touching your face.
3. Limit interaction with others by avoiding large groups.

And until we know more, it's best to ignore [internet-based coronavirus tips](#) that sound too good to be true and instead, just use common sense.

THANK YOU, Colby Hall for writing this article. Your web address link for this article is at the top so people can easily access the links you have connected in your article.

Sally T Carr, CBT Healing Arts

May the sun shine upon you adding warmth to your day.

When a cool breeze blows may it refresh your spirit.

May the rain fall gently quenching your thirst, nurturing the earth and seeds you sow.

May you Dream Dreams that lift you above repeating thoughts that weigh you down.

May the Moonlight shining upon you touch your heart and remind you to Dream Well.

c. Sally T [McAlpin] Carr 3.17.20