CDC Says Covid-19 Can be Spread Via Airborne Transmission

The CDC quietly added and removed information about how coronavirus was transmitted from person to person last week. Information on the CDCs website briefly said that Covid-19 was most commonly spread through people who were in close contact with each other,

> *"Through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks or breathes. There is growing evidence that droplets and airborne particles can remain suspended in the air and be breathed in by others, and travel distances beyond 6 feet"*
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> *CDC abruptly removes guidance about airborne coronavirus transmission, says update 'was posted in error'*

This language has since been removed.

Jason McDonald, a spokesman for the CDC, has said that this was posted in an error and that the CDC is currently updating its language on the transmission of the coronavirus. Many studies have shown that the SARS-CoV-2 virus can be spread through particles in the air but the CDC's website maintains that the Coronavirus is primarily spread through close contact.

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Some studies have indicated that airborne transmission is likely the most common form of transmission, even in close contact situations. Poor ventilation can make this problem even worse. Experts recommend wearing a mask indoors,

especially in situations where maintaining six feet of distance is difficult, as well as in areas with poor ventilation. It also recommended that events be moved outdoors whenever possible.

If you're worried about Coronavirus, we recommend focusing on gut health by eating a big salad every day and avoiding processed junk food. It's also not a bad idea to have some Root Cider on hand for preventing sinus and respiratory problems.

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