

Sudden Disease Outbreaks

Part 2: *Expanded Tips for Exposure, Illness and Recovery*

In [Part 1](#) of this series, we explained how to prepare for exposure to the current outbreak.

Here in Part 2, we give you the tips you will need if you have been exposed, you are sick or recovering.

Don't faint at first glance! You do not have to do everything listed. Focus on what you already use from Perelandra, and consider your own comfort level.



We cannot emphasize enough right now: Seek medical help when needed. The Perelandra products and processes are not a replacement for needed medical help, but to be used in conjunction.

Now is a time to be smart about your health. Use these tools wisely, and when you need to, call a doctor or emergency services. You can continue to use the Perelandra products and processes in conjunction with any medical treatment.

For Everyone: Take ETS Daily

Don't dismiss the everyday strain of this kind of issue on your health, whether or not you are sick. What we are all witnessing and experiencing is a challenge to our circuits – mentally, emotionally and physically.

We strongly recommend, to get through this time, that you take one dose (12 drops) of ETS for Humans two times a day, every day, even if you think all is well.

If something strikes you personally or if you find yourself freaked out, take one dose 3-5 times a day.



For Easy Support and Strengthening



If you just want to stick with taking bottled Solutions, we still recommend the support of the four [Most Important Daily Solutions](#) right now (Virus, Bacteria, Immune, Lymphatic and Respiratory) – twice daily, morning and night.

If you're experiencing symptoms or are being treated, *continue to take twice-daily doses* of Virus, Bacteria, Immune, Lymphatic and Respiratory. Increase to one dose of ETS for Humans 5 times daily.

If you've been hit hard and are unable to do any testing.

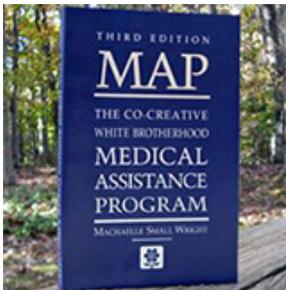


Throughout your illness, take [ETS for Humans](#) 5 times daily. Also take [Essence of Perelandra \(EoP\)](#) 5 times daily for maintaining strength.

They may be taken at the same time of day, waiting just 10 seconds between each dose. Either administer the needed drops directly from the bottle dropper or use a clean spoon for each Solution. Do not combine [ETS and EoP](#) into one spoon, keep them separate.

How to work with your other Perelandra health tools when you have been exposed to the pathogen or if you are sick.

In addition to your daily Perelandra Solutions, choose from the options listed below. Remember, you do not have to do everything listed.



MAP: Medical Assistance Program

If you work with [MAP](#), open a session as usual and tell your team you would like the focus of your session to be only on the current pandemic “for moving _____ [name of pathogen] out of my system and shoring up my body and health from any adverse impact caused by the illness.”

This is your focus for the entire 40-minute session. Do not add in other issues. At the end of the session, ask your team how often you need to have MAP sessions for this one issue. Those sessions will also need to be focused solely on this issue and not on anything else. (It's not likely you'll wish to do so at this time, but you may continue separate MAP sessions for other problems or concerns.)

Read and learn the Emergency MAP instructions now. Don't wait until you're in an emergency or crisis. See *MAP*, 3rd edition, pages 141-144. We suggest you make a quick-reference card for yourself now, so you won't have to go hunting for your book or rely on your memory.

As soon as you start experiencing symptoms (or think you are experiencing symptoms), open Emergency MAP, tell them what you are experiencing. Leave it open until you're well on the road to recovery and regaining your strength. After you close Emergency MAP, resume your regular pathogen MAP session rhythm.



Perelandra Essences

If you work with the [Perelandra Essences](#), do a Daily Basic Telegraph Test with the focus: “For moving _____ [name of pathogen] out of my system and for shoring up my body and health from any adverse impact caused by the illness.” Test the number of times to take the combination for that day only. (Do not test how many drops, just take 1 drop of each needed essence.) Do a new test each day.



Perelandra Microbial Balancing Program

If you work with the [Microbial Balancing Program](#), do a Phase 1 General Balancing for Emergencies (p. 150) with the focus: “For moving _____ [name of pathogen] *out of my system and for shoring up my body and health from any adverse impact caused by the illness.*” Do this daily if you can.



PIC List Testing

1. If you have a PIC Unit to “strengthen and prepare for possible exposure,” stop taking those drops and test a new PIC List with the focus: “For moving _____ [name of pathogen] *out of my system and for shoring up my body and health from any adverse impact caused by the illness.*” Take the needed drops twice daily and do all the retests until you move into Phase 3, the recuperation stage.

For additional information, including how to change your focus after recuperation, see the [All-Purpose PIC Guidelines for Sudden Disease Outbreaks](#).

2. If you have any other PIC Units currently, go ahead and continue those drops and your rechecks as usual. If you need to pause a PIC List temporarily, just tell PIC and stop taking the drops. When you’re ready to start again, do a new test.

3. No matter how many PIC Units you have going, always remember to take the [Most Important Daily Solutions](#) (Virus, Bacteria, Immune, Lymphatic and Respiratory) twice a day, over and above your PIC drops.

We Repeat: Do not hesitate to get needed medical help when you are sick.



We would like to extend our gratitude to all of you who are paying attention, staying home and not endangering others.

[Part 1: Sudden Outbreaks Preparation](#) (Feb 2020)

[Most Important Solutions Right Now](#) (Aug 20)

[Outbreaks Part 3: Caring for Others](#) (May 2020)

[Practical Tips for Staying Healthy](#) (Feb 2020)