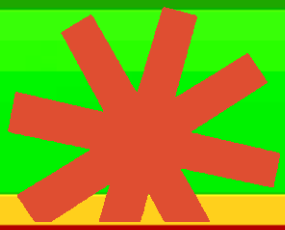
INTRODUCTION

- Board Certified Family Physician
- Author
- NASM Personal Trainer
- Health Coach
- Keynote Speaker

Dr. Michele C. Reed



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NFECTIONS
AVOID

Signs and s F h difficulty breathing, fatigue,
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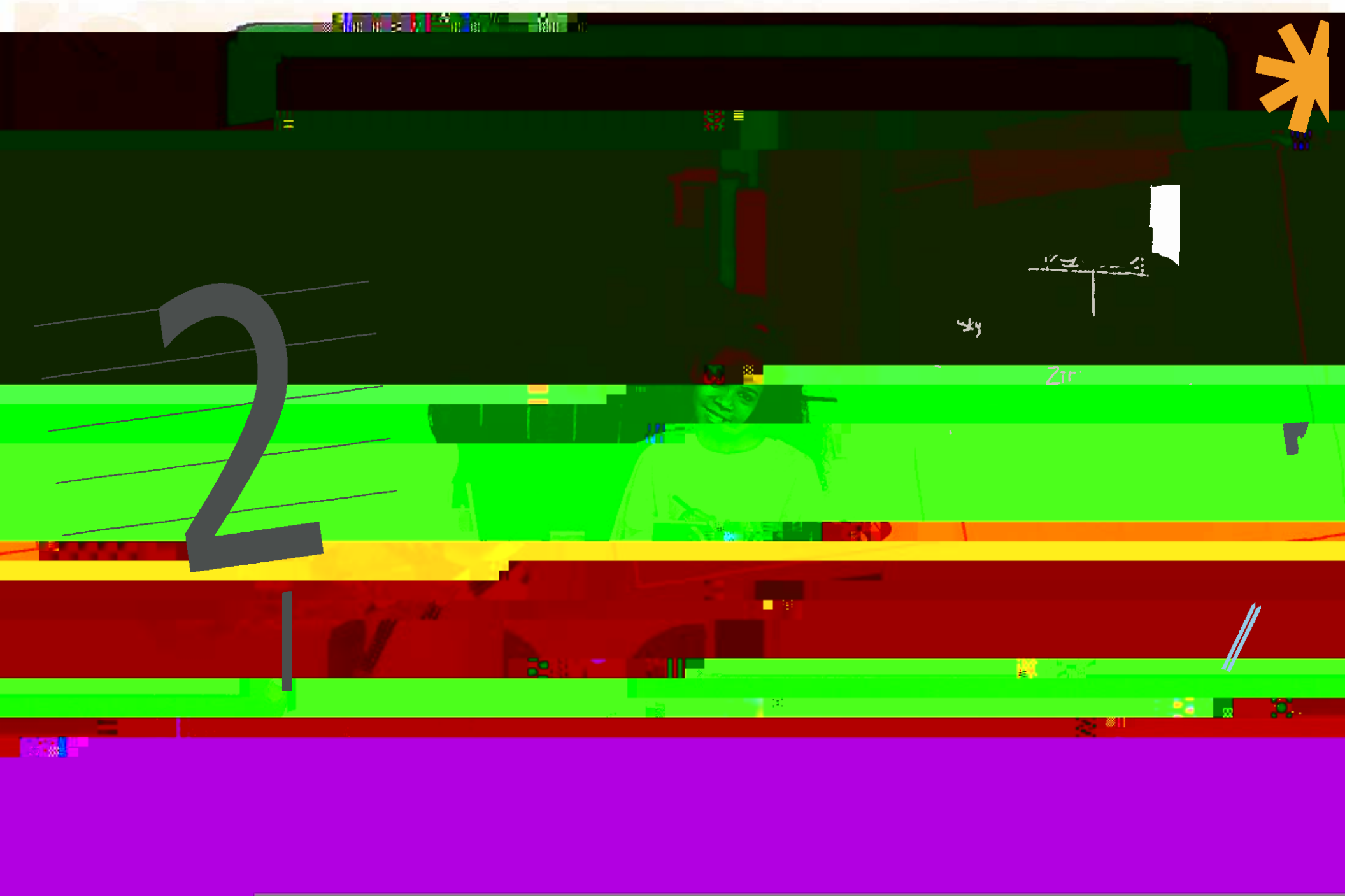
Diagnosis: Nasal swa a en y

Treatment: Medication prescribed by doctor, including antiviral treatments



Signs and symptoms: Fever, chills, cough, difficulty breathing, sore throat, bodyaches, vomiting, loose stool

Diagnosis: Throat or nose swab taken by doctor

Treatment: Antiviral drugs