

Chinese Medicine Strategy and Safety Protection Grade and Plan for Covid-19 Epidemic Prevention and Control

Yongde li¹, jihuan Wang¹, Tanghua Liu^{2,*}, Yanqing Liu^{3,*}

¹Department of Algology, Minhe County Hospital of Chinese Medicine, China

²Department of Algology, The Yibin Third People's Hospital, China

³Department of Algology, Beijing Tiantan Hospital, Capital Medical University, China

*Corresponding author: Yanqing Liu, Department of Algology, Beijing Tiantan Hospital, Capital Medical University, Beijing, 100070, China. Tanghua Liu, Department of Algology, The Yibin Third People's Hospital, Yibin, 644000, China

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Abstract

Aim: To explore the transmission route and risk factors of the occurrence and prevalence of new coronavirus pneumonia (Corona virus Disease-2019, COVID-19), and put forward the corresponding protective strategies and TCM diagnosis and treatment plan.

Methods: Class B infectious diseases, which COVID-19 included in the Law of the People's Republic of China on Prevention and Control of Infectious Diseases, were managed according to Class A infectious diseases and the epidemic prevention and control work was carried out in an all-round way. Based on the basic theory and traditional methods of strengthening and dispelling evil in Traditional Chinese Medicine (TCM), we have carried out scientific analysis, research and summary on the new coronary virus interpersonal transmission pathway, pathogenic factors, pathological mechanism and risk degree, and specially divided the safety protection grade.

Results: According to the severity of the COVID-19, occurring case lower area correspond to the low-risk area, the sporadic case area correspond to the middle risk area, and the community outbreak area and the local epidemic area correspond to the high-risk area. The protection grade is divided into 9 levels, and the corresponding protection strategy and TCM diagnosis and treatment plan are formulated.

Conclusion: According to the general requirements of scientific prevention and control and precise measures formulated by the state, we should adopt the strategy of group prevention and control, cut off the source of infection and the way of transmission, strictly isolate the crowd, scientifically and accurately formulate the protective strategy, and actively promote the diagnosis and treatment plan of traditional Chinese medicine.

Keywords: COVID-19; Epidemic prevention and control; TCM strategy; Protection grade and protection plan

The occurrence and prevalence of the epidemic from New coronavirus pneumonia [1,2,3] (COVID-19) pose a major threat to the all-world. Class B infectious diseases COVID-19 have been incorporated into the Law of the People's Republic of China on the Prevention and Control of Infectious Diseases and are managed according to Class A infectious diseases. Since the outbreak of the epidemic, the people of the whole country have carried out the epidemic prevention and control work in an all-round way in accordance with the general requirements of firm confidence, working together in one boat,

scientific prevention and control, and precise measures for prevention and control. Based on the concept and tradition of "treating disease without disease" in traditional Chinese medicine, we organize research team, specially analyze, study and summarize the new coronary virus interpersonal transmission way, mechanism and risk degree, and make a special division of safety protection grade, and put forward the corresponding protection strategy and TCM diagnosis and treatment plan on this basis, which is only for the reference of national epidemic prevention and control.

I. Interpersonal transmission pathways, mechanisms, risk assessment and prevention and control strategies for COVID-19 (showed in table 1)

Serial number	Means of communication	Main communication mechanisms	Risk level	Prevention and Control and Blocking Strategies
1	Man - man	Handshakes, kisses, hugs and other physical contacts (communication of contact, especially hug communication)	●●●●	Change "handshake, hug" to "arch"; reduce unnecessary direct physical contact; wash hands and wash face frequently
2	Man - droplet - man	Close face-to-face speaking (respiratory tract transmission, facial skin contact transmission)	●●●●	A safe distance while wearing a mask or talking is recommended m 1.5 or more
3	Man - object surface - man	Use of public goods (hand-to-hand) for high frequency transmission through public elevator keys, door handles, door curtains, card readers, etc.	●●●●	Use protective tools such as gloves, anti-virus, anti-virus, etc.; disinfect elevator keys, doorknobs, door curtains, card readers, etc.
4	Human - Aerosol - Human	Long-term confined indoor environment (respiratory tract transmission)	●●●	Maintain ventilation; wear masks; wash hands and face frequently
5	Man - droplet - object surface - man	Bar, tables and chairs are contaminated by infected persons and then spread to uninfected persons (hand contact transmission)	●●●	Hand washing
6	Man - droplet - aerosol - man	Long confined indoor environment (respiratory tract transmission)	●●	Maintain ventilation; wear masks; wash hands and face frequently
7	Human - Aerosol - Object Surface - Human	Long time confined indoor environment, spread through contaminated bar, table and chair (hand contact spread)	●●	Maintain ventilation; wash hands frequently
8	Man - droplet - aerosol - surface of object - man	Long-term closed indoor environment, bars, tables and chairs and other contaminated, and then through hand contact transmission to uninfected (hand contact transmission)	●●	Maintain ventilation; wash hands frequently
9	Human - stool, urine - aerosol - human	Relatively closed public toilets, especially in hospitals (respiratory tract transmission)	●	Maintain ventilation; wear a mask; wash hands and face after toilet
10	Man - faeces, urine - objects surface like toilet lid surface - man	When the feces are flushed, the virus gradually lifts the toilet lid surface and then touches the human skin (buttock skin contact spreads)	●●	Cover the toilet seat before flushing; wash hands after toilet; try to "squat" rather than "sit"
11	Human - faeces, urine - aerosols - surfaces of objects such as toilet lid - human	Contaminated toilet lid (buttock skin contact spread) in relatively closed public washrooms	●	Keep ventilation; wash hands after toilet; try to "squat" rather than "sit"

II. Hierarchy of Personal Safety Protection for COVID-19

In view of this epidemic situation, managing the source of infection, cutting off the transmission route and protecting the susceptible population are three basic links to control infectious diseases. According to the severity of the COVID-19, the asymptomatic case area is corresponding to the low-risk area, the sporadic case area to the middle risk area, and the community outbreak area and the local epidemic area to the high-risk area. Among them, no cases (low-risk areas), refers to the administrative region (county, district) no new cases of pneumonia, or the last case of COVID-19 cured and discharged 14 days after no new cases, or the last case of hospitalization (new) transferred to other administrative areas 14 days after no new cases; sporadic cases (middle-risk areas), refers to the administrative region of new cases of pneumonia only individual or sporadic cases; Community outbreak area and local epidemic area (high risk area), refers to the administrative area (county, district) in the area of new crown pneumonia cases increased significantly, the occurrence of aggregation and outbreak, or the occurrence of continuous transmission, and the incidence of more than three hundred thousand in one week.

1 Grade (G): Free zone;
 2G: Home, outdoor, no gathering, well ventilated
 3G: the city found confirmed cases, 28 days after the cure, the epidemic has not yet ended, home, outdoor, no personnel gathering, good ventilation.
 4G: in low- and middle-risk areas, in close contact with others (greater than 1.5 m);
 5G: in middle- and low-risk areas, in close contact with others (less than or equal to 1 m); in high-risk areas; cold symptoms such as coughing or spraying.
 6G: places in low- and middle-risk areas other than hospitals, bus stations, railway stations, subway stations, airports, supermarkets, restaurants, public transport and the import and export of communities and units.
 7G: The middle and low risk areas are located in places such as densely populated hospitals, bus stations, railway stations, subway stations, airports, supermarkets, restaurants, public transport, and the import and export of communities and units. General outpatient, ward and other medical personnel; medical institutions in low-risk areas emergency medical personnel; engaged in epidemic prevention and control related adminis-

trative personnel, police, security, cleaning and so on
 8G: High-risk areas are located in densely populated hospitals, bus stations, railway stations, subway stations, airports, supermarkets, restaurants, public transport and community and unit import and export places; when intended to contact suspected patients; personnel working in wards and ICU of newly diagnosed cases of coronavirus pneumonia; designated medical personnel in fever clinics of medical institutions; medical personnel in emergency departments of medical institutions in middle and high-risk areas; epidemiological investigation, laboratory testing, environmental disinfection personnel; transshipment of confirmed and suspected case personnel

9G: Operators engaged in the collection of respiratory specimens; staff engaged in tracheotomy, tracheal intubation, tracheoscopy, sputum aspiration, cardiopulmonary resuscitation, or lung transplantation, pathological anatomy in patients with new type of coronavirus pneumonia, as well as in cases of contact with confirmed patients and asymptomatic infected persons;

Table 2: The grade of Personal Safety Protection for COVID-19

Advanced Protection	G 9	Wash hand	Wash face	Reduce social contact	Wear masks	Anti-epidemic incense	Use hand guard	Wear protective glasses	Wear protective clothing	TCM; Anti-epidemic Tea
	8	Wash hand	Wash face	Reduce social contact	Wear masks	Anti-epidemic incense	Use hand guard	Wear protective glasses	Wear protective clothing	
	7	Washhand	Wash face	Reduce social contact	Wear masks	Anti-epidemic incense	Use hand guard	Wear protective glasses		
Intermediate Protection	6	Washhand	Wash face	Reduce social contact	Wear masks	Anti-epidemic incense	Use hand guard			
	5	Washhand	Wash face	Reduce social contact	Wear masks	Anti-epidemic incense				
	4	Washhand	Wash face	Reduce social contact	Wear a mask or sachet					
Primary protection	3	Washhand	Wash face	Reduce social contact						
	2	Washhand	Wash face							
	1	Wash hand								

III. The traditional Chinese Medicine Protection Strategy against COVID-19

1. The traditional Chinese medicine anti-epidemic tea

(1) Su-Qian's Theory of Spurs: "The five epidemics, are easy to dye, do not ask the size of the disease similar." The theory of warm disease: "warm disease is disease, not wind is not cold, not heat is not wet, but there is a different feeling between heaven and earth." COVID-19 the category of epidemic diseases of traditional Chinese medicine, for patients to feel the Qi of epidemic surly, the disease is located in the lung, with "dampness, heat, poison, blood stasis" as the basic pathogenesis. Research shows [4] "Dampness" is the main cause of the disease, so "dampness" is the main pathogenesis of COVID-19 [5]. The epidemic is "cold and dampness (plague) epidemic", the disease is located in the lung and/or spleen, also considered that "wet" is the key pathogenesis of COVID-19. On the basis of illness, local climate characteristics and different physique, at the beginning of the epidemic situation in Henan traditional Chinese Medicine Hospital, a new coronavirus pneumonia prevention prescription was introduced, patchouli 3 g Chen Pei 3 g mulberry leaf 3 g Reed root 2, Platycodon grandiflorum 3 g licorice 2, soaking water.

(2) The 2nd prescription:

Male Cloves 15g, Astragalus membranaceus 15g, Dried Gin-

ger 8g, Patchouli 8g, Chinese Angelica 8g, Jujube 8g, Fruit of Chinese wolfberry 8g, Gastrodia elata Blume 5g, Codonopsis pilosula 5g, Perilla leaf 6g, Honeysuckle 5g, Chrysanthemums 5g, Licorice root 20g.

epidemic prevention and control and begin to wear it. The author has innovated a aroma-capsule with Chinese medicine and chlorine dioxide compound. Chlorine dioxide is recognized by the World Health Organization (WHO) as a safe, efficient and non-toxic green sterilizing and epidemic prevention product, and the killing rate of pathogenic bacteria and virus can reach 99.99% under experimental conditions. When people need to block the transmission of influenza, new crown pneumonia and other possible aerosols, the sachet based on the invention can be worn in front of the chest or placed on a desk, desk, through the volatile components of traditional Chinese medicine in the sachet and trace chlorine dioxide or ozone gas, to suppress or kill germs, viruses and so on in the air near the chest, head and face. The volatile components of traditional Chinese medicine in the sachet are also helpful to prevent and treat diseases such as influenza and new crown pneumonia. Based on the characteristics of high efficiency disinfection and green health of chlorine dioxide or ozone, trace amount of chlorine dioxide or ozone gas is harmless to human body

ger 8g, Patchouli 8g, Chinese Angelica 8g, Jujube 8g, Fruit of Chinese wolfberry 8g, Gastrodia elata Blume 5g, Codonopsis pilosula 5g, Perilla leaf 6g, Honeysuckle 5g, Chrysanthemums 5g, Licorice root 20g.

2. The traditional Chinese medicine aromatherapy

Medical masks are effective in preventing the spread of epidemic droplets, but there are shortcomings in preventing aerosol transmission. Because the mask and face fit, it is difficult to achieve a complete state. So, the effective way to solve aerosol transmission is to disinfect the room in all directions, and to wear traditional Chinese medicine epidemic prevention sachet. "The Book of Mountains and Seas" said, "It can be worn out. "This herb sutra sparse" said: "fragrant qi, can avoid all evil ". Zhang Jin [6] Pharmacological studies have found that the drugs in the blast capsule have anti-influenza virus and improve the symptoms of pneumonia. Li Li et al [7]. Studies have shown that traditional Chinese medicine sachet can relieve the symptoms of adult influenza and has potential preventive effect on the incidence of influenza. Chen Hua [8] The study found that traditional Chinese medicine sachet can improve the level of serum immunoglobulin IgA ,IgM and IgG in community residents with colds, and more people realize the special value of traditional Chinese medicine epidemic prevention sachet for

while efficiently disinfecting. The sachet can also be placed in window sill, wardrobe, shoe cabinet and other more scenes to achieve both aromatic and efficient disinfection, while realizing the triple effect of traditional Chinese medicine prevention and treatment.

3. Chinese medicine guidance therapy

Chinese medical guidance is a kind of traditional Chinese health preservation technique and system method which combines physical and mental training, internal and external practice, internal and external repair, regulating qi and blood, preventing and treating diseases, prolonging life and prolonging life. "The General Records of Shengji holds that guidance can be" Zhou Liu Rongwei, Xuanyao Bai Guan, dredge stagnation, and then Qi transport and God and harmony, internal and external smooth rise and fall, without hindering the ears and eyes smart." It can be seen that guidance is through action, breathing, mind combined to promote the movement of qi and blood, promote qi and blood harmony, so that "thieves and evil cannot enter, cold and summer cannot attack. [9]" In Fangcang Hospital, the National Medical Team of Hubei Province used five birds' plays and Tai Chi for patients' early activities and lung rehabilitation through "dancing".

4. Moxibustion Therapy

In "Compendium of Materia Medica", Li Shizhen, a doctor of Ming Dynasty, explained: "Ai Ye... Moxibustion is through the classics and the treatment of a hundred kinds of disease evil, the person who is heavy for Kang Tai, its merit is also great." Tang Dynasty doctor sun simiao in "prepare for a thousand gold important prescription" put forward: "mortals wu shu travel officials, on the body often need three or two moxibustion, do not make the sore temporarily bad, then warm malaria poison gas cannot write people also." Moxibustion stimulates limb acupoints, stimulates meridian qi, and promotes the ability of self-protection of viscera. Recommendation [10]: Zusanli, Neiguan, Hegu, Qihai, Guan Yuan, Sanyinjiao and other points, self-moxibustion, each point moxibustion about 10 minutes.

5. Application Therapy

Modern clinical and experimental studies have shown that acupuncture and moxibustion can regulate human immune function and have anti-inflammatory and anti-infection effects, which play a good role in the prevention and treatment of infectious diseases. Heat paste or substitute warm moxibustion paste and other application methods, at the same time can stimulate the meridian qi and strengthen the viscera meridian qi, so that the invasion of filthy turbid epidemic surly evil, can be separated and exorcised, evil away from the good. Recommendation [10]: Zusanli, Neiguan, Qihai, Guan Yuan, Fesu, Fengmen, Pi Yu, Dazhui and other points.

6. Meridian Massage

Point method, kneading method, press method, or kneading press, pat, percussion upper limb lung meridian, heart meridian and below knee spleen meridian, stomach meridian acupoints. Each operation 15-20 minutes, local acid swelling feeling is appropriate.

7. Traditional Techniques

According to their own recovery situation to choose appropriate traditional skills, such as Yi Jin Jing, Taijiquan, Baduanjin, five birds play and so on. once a day, about 15-30 minutes each

time.

8. Foot Bath Fumigation

Selection of traditional Chinese medicine such as Shufeng Qingre dispelling evil Chinese medicine such as Schizonepeta, Ai Ye, mint, Houttuynia cordata, large green leaf, Perrin, Acorus calamus, Polygonum Polygonum, Tujin, clove 15 g, borneol 3 g. each Pour the above-mentioned traditional Chinese medicine into the foot bath, add appropriate amount of warm water, wait for water temperature 38~45°C or so, soak for 30 minutes or so

9. Emotional Guidance

Pay attention to adjust emotion, can cooperate with ear point paste pressure, moxibustion, massage, medicine meal, medicine tea, medicine bath, music and other methods to relax body and mind, relieve anxiety, help sleep.

IV. TCM diagnosis and treatment programme [1]

(-) Traditional Chinese Medicine Decoction

COVID-19 belongs to the category of "epidemic" disease of traditional Chinese medicine, because of the feeling of "epidemic surly" qi, all localities can be based on the condition of illness, local climate characteristics and different physical conditions, referring to the following program for dialectical treatment. When it comes to overdose, it should be used under the guidance of a physician.

1. Medical Observation Period

Clinical manifestation: fatigue with gastrointestinal discomfort
Recommended Chinese patent medicine: Huoxiang Zhengqi capsule (pills, water, oral liquid)

Clinical manifestation: fatigue with fever

Recommended Chinese patent medicine: Jinhua Qinggan granule, Lianhua Qingwen capsule (granule), Shufeng jiedu capsule (granule)

2. Clinical Period (confirmed cases)

2.1 Qingfei Detoxification Soup

Scope of application: combined with multi-doctor clinical observation, suitable for light, ordinary, severe patients, in the treatment of critically ill patients can be combined with the actual situation of patients' reasonable use.

The basic prescription: Ephedra 9g, Prepared Licorice 6g, Almond 9g, Gypsum 15,30g (Pan Fried first), Cinnamon Twig 9g, Rhizoma Alisma 9g, POLYPORUS umbellatus 9g, Baizhu 9g, Poria cocos 15g, Radix Bupleuri 16g, Huang Ling 6g, Rhizoma Pinelliae 9g, ginger 9g, Purple 9g, Winter flower 9g, Leopard flower 9g, Asarum 6g, Chinese yam 12g, Bitter orange 6g, Dried tangerine peel 6g, Joss stick 9g,

Dosage: traditional Chinese medicine yin pian, water decoction. Once a day, once in the morning and once in the evening (40 minutes after the meal), take it warm, and pay one course of treatment in three.

2.2 Light

(1) Cold dampness and stagnation of lung syndrome

Clinical manifestations: fever, fatigue, pain around the body, cough, sputum, chest tight hold of breath, nerd, nausea, vomiting, stool sticky. Tongue light fat teeth mark or light red, fur white thick rot greasy or white greasy, pulse moist or slippery.

The recommend prescription: Ephedra Sinica 6g, Gypsum 15g, Almond 9g, 4/5000 Notopterygium forbesii 5g, Semen 15g, Guanzhong 9g, Earthworm 15g, Cynanchum paniculate 15g, Patchouli 15g, Perrin 9g, Chinese Atractylodes 15g, Yun Ling

45g, Rhizoma Atractylodis macroce 30g, Jiao San Xian each 9g, Magnolia bark 15g, Coke and betel nut 9g, Stewed grass and fruit 9g, ginger 15g.

Dosage: 1 dose daily, 400ml decoction, divided into 3 times, before meals.

(2) Syndrome of accumulation of lung by dampness and heat

Clinical manifestations: low fever or no fever, slight chills, fatigue, heavy head and body, muscle soreness, less dry cough and phlegm, sore throat, dry mouth do not want to drink more, or accompanied by chest tightness, no sweat or sweat out of unobstructed, or see nausea and nausea, then Dan or stool sticky not cool. Tongue pale red, fur white thick greasy or thin yellow, pulse slip number or acculturation.

The recommend prescription: Betel nut 10g, Fructus Amomi 10g, Magnolia bark 10g, Anemarrhena 10g, Huang Ling 10g, Radix Bupleuri 10g, Radix Paeoniae Rubra 10g, Forsythia suspense 15g, Artemisia annua 10g (second part), Chinese Atractylodes 10g, Folium Isatidis 10g, Licorice root 5g.

Dosage: 1 dose daily, 400ml decoction, divided into 2 times, administrated in the morning and at night separately.

2.3 General

(1) dampness, toxin and lung syndrome

Clinical manifestations: fever, cough phlegm less, or yellow phlegm, suffocating shortness of breath, abdominal distension, constipation is not smooth. The tongue is dark red, the body of the tongue is fat, the fur is yellow greasy or yellow dry, the pulse is smooth or the string is smooth.

The recommend prescription: Ephedra Sinica 6g, The bitter almond 15g, Gypsum 30g, Sheng Hui Maoren 30g, Atractylodes rhizome 10g, Patchouli 15g, Artemisia annua 12g, Cuspidatum 20g, Verbenae 30g, Dried Phragmites communis 30g, Semen 15g, Citrus red 15g, Licorice root 10g.

Dosage: 1 dose daily, 400ml decoction, divided into 2 times, administrated in the morning and at night separately.

(2) Cold dampness obstructive pulmonary syndrome

Clinical manifestations: low fever, body heat not Yang, or not hot, dry cough, less phlegm, tired fatigue, chest tightness, the end of the month ruffian, or nausea, then Dan. Light or light red tongue, white or greasy fur, pulse moistening.

The recommended prescription: Atractylodis 15g, Tangerine Peel 10g, Magnolia Officinalis 10g, Huoxiang 10g, Grass Fruit 6g, Raw Ephedra 6g, Qiang Work 10g, Ginger 10g, Betel Nut 10g.

Dosage: 1 dose daily, 400ml decoction, divided into 2 times, administrated in the morning and at night separately.

2.4 Heavy duty

(1) Pneumoconiosis Syndrome

Clinical manifestations: fever red face, cough, phlegm yellow sticky less, or phlegm with blood, asthma shortness of breath, fatigue, dry mouth bitter sticky, nausea and not eating, stool unobstructed, short red urine. Tongue red, fur yellow greasy, pulse smooth number.

Recommended Prescription: Dehumidification and Defeat

The basic prescription: Ephedra Sinica 6g, Almond 9g, Gypsum 15g, Licorice 3g, Patchouli 10g (second part), Magnolia bark 10g, Chinese Atractylodes 15g, Fructus Amomi 10g, Rhizoma Pinelliae 9g, Poria cocos 15g, Chinese rhubarb 5g (second part), Radix Astragali 10g, Semen 10g, Radix Paeoniae Rubra 10g.

Dosage: 1 ~ 2 doses daily, decoction with water, 100ml ~

200ml each time, 2 ~ 4 times a day, oral or nasal feeding.

(2) Camp two burnt certificates

Clinical manifestations: fever, thirst, shortness of breath, tongue-in-cheek faintness, visual errors, or rash, or spit blood, maggots, or limbs twitching. Glossy tongue less moss or no moss, veins heavy count, or floating large number.

The recommended Prescription: Gypsum 30g, 60g (Pan Fried first), Anemarrhena 30g, Raw land 30, 60g, Buffalo horn 30g (Pan Fried first), Radix Paeoniae Rubra 30g, Figwort 30g, Forsythia suspense 15g, Cortex Moutan 15g, Coptis chinensis 6g, Bamboo leaf 12g, Semen 15g, Licorice root 6g.

Dosage: 1 dose daily, decocted in water, first decocted in plaster and buffalo horn, followed by medication, 100ml ~ 200ml each time, 2 ~ 4 times a day, oral or nasal feeding.

2.5 Critical

Internal and external release

Clinical manifestations: dyspnea, frequent asthma or the need for mechanical ventilation, accompanied by faint, irritable, sweating limbs cold, tongue purple dark, thick greasy or dry fur, pulse floating large rootless.

The recommended prescription: Ginseng 15g, Heishen tablet 10g (Fried first), dogwood 15g, Send su hexiang pill or an gong bezoar pill.

2.6 Recovery period

(1) Deficiency of Lung and Temper

Clinical manifestations: shortness of breath, fatigue and fatigue, nausea and nausea, full of ruffian, weak stool, then Dan not cool. The tongue is light and fat, and the fur is white and greasy.

The recommended prescription: Method pinellia 9g, Tangerine peel 10g, Codonopsis pilosula 15g, Processed astragalus 30g, Fried atractylodes 10g, Poria cocos 15g, Huoxiang 10g, Shaoren 6g (back), Licorice root 6g°

Dosage: 1 dose daily, 400ml decoction, divided into 2 times, administrated in the morning and at night separately.

(2) deficiency of qi and yin

Clinical manifestations: fatigue, shortness of breath, dry mouth, thirst, palpitations, sweating, anorexia, low or not hot, dry cough and less phlegm. Dry tongue, thin veins or nihilistic power.

The recommended prescription: Upright Ladybell Root Radix Adenophora each 10g, Dwarf Winter Wheat 15g, American ginseng 6g, Schisandra chinensis 6g, Gypsum 15g, Light bamboo leaves 10g, Mulberry leaves 10g, Reed root 15g, Salvia mil 15g, Licorice root 6g.

Dosage: 1 dose daily, 400ml decoction, divided into 2 times, administrated in the morning and at night separately.

(-) Acupuncture

Tang Dynasty doctor sun simiao in "prepare for a thousand gold important prescription" put forward: "mortals wu shu travel officials, on the body often need three or two moxibustion, do not make the sore temporarily bad, then warm malaria poison gas cannot write people also." Acupuncture and moxibustion will stimulate and strengthen the zang-fu organs through the channels of "meridian internal zang-fu organs, external collaterals and branches", stimulate and strengthen the zang-fu organs meridian qi, so that the invading evil of filthy turbid epidemic, can be separated and exorcised, evil to remove the good and good; at the same time, stimulate meridian qi, enhance the ability of self-protection of zang-fu organs, alleviate the damage of epidemic poison to organs.

1. Medical Observation Period (suspected cases)

Objective of acupuncture and moxibustion intervention: to stimulate the function of qi and spleen organs of human body, to separate and remove epidemic evil from ulceration, and to enhance the ability of organ to resist evil.

Main points :1 Fengmen, Feshu, Peshu; Hegu, qu Chi, ruler Ze, thenar;

3 Qi sea, Zusanli, Sanyinjiao; each group of acupoints can choose 1~2 points to use.

Points: fever, dry pharynx, dry cough, with Dazhui, Tianjie, the most hole; and nausea, loose stools, tongue fat fur greasy, pulse acculturation, with Zhongwan, Tianshu, Fenglong;

Fatigue, loss of appetite, with Zhongwan, umbilical point on Thursday (1 inch left and right sides of the navel), spleen Yu; And clear snot, shoulder back acid Chu, tongue light fur white, pulse slow, with Tianzhu, wind door, Dazhui.

2. Clinical Period (confirmed cases)

Inspire lung and spleen qi, protect organs to reduce injury, exorcise epidemic evil, cultivate soil to generate gold, cut off disease potential, relieve emotion, and enhance confidence in overcoming disease evil.

Main points :1 Hegu, Taichong, Tiantu, Zizawa, Kong most, Zusanli, Sanyinjiao;

2 Dawei, Fengmen, Feshu, Xinshu, Geshu;

Zhongfu, Shanzhong, Qihai, Guan Yuan, Zhongwan;

2~3 points were selected in each of the 12 main points in the light and common type, and 2~3 points were selected in the 3 main points in the severe patients.

Points: Fever does not recede plus Dazhui, Quchi; or ten Xuan, ear point bleeding; chest shortness of breath plus Neiguan, lack of; or huge que, stage door, Zhaohai; cough sputum plus lack, Fenglong, Dingchuan; diarrhea loose stools plus Tianshu, on the huge deficiency; cough and vomiting yellow phlegm, sticky phlegm, constipation, plus Tianshu, branch ditch, Tianshu, Fenglong; and low heat or body heat, or not hot, nausea, tongue or red, tongue, light red, white fur, thin, white, white, thin fur.

3. Recovery Period

Remove residual poison, restore vital energy, promote organ repair, and restore lung and spleen function.

Main points: Neiguan, Zusanli, Zhongwan, Tianshu, Qihai.

(1) Deficiency of lung and temper: symptoms see shortness of breath, fatigue, anorexia, nausea and evil, full of ruffian, weak stool, loose stools, light fat tongue, white fur greasy. Chest tightness, shortness of breath and other lung system symptoms obvious, with Shanzhong, Feshu, Zhongfu; NaDai, diarrhea and other spleen and stomach symptoms obvious, with Wan, Yin Lingquan.

(2) Deficiency of qi and yin: symptoms of fatigue, dry mouth, thirst, palpitations, sweating, anorexia, low or not hot, dry cough and less phlegm, dry tongue, thin veins or nothingness. Fatigue, shortness of breath obvious, with Shanzhong, Shenque; dry mouth, thirst obvious, with Taixi, Yangchi; palpitation obvious, with Xinshu, Jueyin Yu; sweat more, with Gu, Fuyu, Zusanli; insomnia, with Shenmen, Yin Tang, sleep, Yongquan.

(3) Deficiency of lung and spleen, obstruction of phlegm and blood stasis: chest tightness, shortness of breath and lazy speech, fatigue and weakness, sweating, cough with phlegm, bad expectoration, wrong skin, mental burnout, loss of appetite, etc.

Acupuncture moxibustion method: according to the implemen-

tation of environmental and management requirements, as appropriate. For each of the above periods, it is suggested that acupuncture should be used according to the condition, moxibustion should be used, or acupuncture should be combined, or combined with acupoint application, ear acupuncture, acupoint injection, scraping, pediatric massage, acupoint massage, etc. Acupuncture at Ping Bu Ping Xie ,20~30 min; moxibustion at each point ,10~15 min. moxibustion at each point treatment once a day. Specific operation please refer to the national standard "Acupuncture and moxibustion technical operation specification" and clinical experience to implement.

V. Proposals for strengthening personnel protection against new Corona virus Pneumonia

(1) washing hands frequently is generally valued, but washing faces frequently is always neglected, so we should attach great importance to washing face frequently while washing hands frequently;

(2) Because of the frequent air leakage, frequent and short time replacement, lack of virus elimination function, high efficiency to prevent the spread of epidemic droplets but insufficient prevention and control of aerosol transmission, protective masks need to attach great importance to the use of traditional Chinese medicine epidemic prevention sachet. The effective components of chlorine dioxide and traditional Chinese medicine in the sachet of epidemic prevention have the effect of inhibiting and killing germs and viruses, and can also stimulate the increase of immunoglobulin level in the mucous membrane of respiratory tract and human serum, thus improving the immunity of the body.

(3) The use of door handles, elevator keys and other places used by groups at high frequency is easy to become a source of pollution, and great attention should be paid to the use of anti-virus or similar hand protection tools (e.g., hand disinfection products);

(4) To recommend the timely application of traditional Chinese medicine to prevent epidemic tea drinks for susceptible people, so as to further enhance the resistance to the new crown virus epidemic situation;

(5) For key groups such as teachers, students, the elderly, medical and nursing personnel, and organizational leaders, higher levels of protection should be taken.

Disclaimer: The author of this article has no conflict of interest and fully agrees with the content of the article.

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