



A letter from the AIA regarding the Coronavirus (COVID-19)

At the Alliance of International Aromatherapists (AIA), we know that the spread of the Coronavirus has everyone worried. Each day the news and internet bring new information about the virus and steps to take to help mitigate its spread. We are sure you are all very aware of the immediate impact that the escalating spread of COVID-19 (Coronavirus) has placed upon communities both locally and globally. We understand that these are uncertain times—we share your concern for loved ones and for what might happen next.

These are stressful times and there are many well-intentioned people providing recipes for DIY hand sanitizers and essential oil blends to boost the immune system and/or to kill the virus. Unfortunately, many of these recipes are unsafe. In addition, there are no essential oils known to mitigate this awful virus. Your best bet is to reduce your exposure to others and washing hands, using hand sanitizers, or wearing gloves to reduce your exposure to those places that are shared by others; doorknobs, keyboards at ATMs or self-checkouts at stores, and counters at public places. Masks used by those who are ill provide better protection for those who are healthy (reduces the spread from sneezing and coughing). The mask worn by a healthy person will not protect the healthy person from the droplets shared by a person who is ill.

As trained aromatherapists, we encourage everyone to use their education to the best of their abilities to take care of themselves and their loved ones. We believe it is prudent to take steps to support the immune system and to follow the CDC recommended protocols to mitigate the spread of this virus such as:

Wash hands frequently with soap and water for a minimum of 20 seconds (especially before/after food preparation)

Refrain from touching your face or the face and hands of others

Reduce exposure by avoiding public spaces

Keep a 6' space around you, especially around those who are coughing and sneezing

Wear a mask or cover your mouth/nose when coughing or sneezing

Stay home if you feel unwell

Do not go to urgent care unless instructed to do so. If you have a fever, cough, and difficulty breathing, contact your healthcare provider

Stay informed

Below are some recommended links:

[World Health Organization page on the Coronavirus disease \(COVID-19\) outbreak](#)

[Centers for Disease Control and Preventions Coronavirus \(COVID-19\)](#)

[Johns Hopkins YouTube Video on the WHO Handwashing Technique](#)

[Blog post: The Dirty Truth About DIY Hand Sanitizer Recipes](#)

[WHO-recommended Handrub Formulations](#)

[Blog post: Essential Oils and Coronaviruses](#)

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

Our hearts go out to everyone around the world affected by this significant event. We appreciate the healthcare workers, local communities, and government agencies working tirelessly to contain the Coronavirus.

Please take care of yourself and each other.

Warmest regards,

The Alliance of International Aromatherapists