

## COV 19: Contain it, Delay it, Boost Immune System

- COV 19 SARS2 is a virus the human body cannot produce antibodies against, therefore reinfections will hit as hard as first infections. Multiple reinfections have been reported.
- COV 19 as of today (14.3.2020) shows a lethality rate of ca. 7% (Italy). This number is likely to be higher due to the fact that incubation time is high with no symptoms and lack of mass testing the virus.
- Incubation time before developing symptoms is 1 to 3 weeks. During this time, infected individuals are fully contagious.
- Negatively tested persons have also been proven to transmit the Virus.
- COV 19 does NOT go inactive after 10 days, unless it is subjected to UV Rays or detergents. It will stay on surfaces for extended periods of time.
- COV transmits per aerosols *as well* as by smear infections from surfaces. Coughing into your elbows is not enough, everybody needs Facemasks able to filter out any aerosols. Apparently there are not enough facemasks for everybody.
- Containment and decontamination must be put in place immediately. This means quarantine for most people except personnel in key positions like hospitals, ambulances, fire brigades, police, politics etc.
- Containment is key, otherwise key infrastructure will be at risk of failing because of the numerical impact of cases flooding into hospitals and deaths of capable professionals. There are not enough beds for everybody in a foreseeable time. The known infections double every 7 days.
- Do not attend public gatherings, this will put you into risk of catching the virus or worse you may spread the disease in case you are already infected but without symptoms.
- The COV 19 virus is likely to be countered effectively by the human Immune System by intake of sufficient amounts of Vitamin C and D!

### Steps to take

- Be *proactive*, dont wait. Time is of the essence and containment is the imminent key.
- Decontaminate your own home, laundry, bedlinen, surfaces of floors and furniture and yourself. Establish a Virus free zone in your home. When you get home from outside, immediately decontaminate yourself. Normal detergents are sufficient.
- *As an adult, boost your immune system by intake of 50mg Vitamin C per kg bodyweight daily.*
- *Keep your Vitamin D levels up high. This is cheap and can be done by 1h of full body exposure to sunlight. Your body forms Vitamin D by exposure to sunrays. In case sunrays are not an option, switch to 1200 units Vitamin D3 daily.*
- If you have to go out, protect yourself and others with an adequate *face mask, plastic gloves and googles*, as the eye surfaces are highly susceptible for infection. Decontaminate yourself when coming home. Otherwise quarantine yourself as long as possible.
- Inform your family, peers, and local key infrastructure personnel like Police, Nurses, Firemen, Restaurant owners etc. of the situation and what to do.