

2.9.20

Prevent and fight together against Covid-19 (detailed recommendations)

20 rules and advice developed by MLPD, its medical doctors and allies to fight the corona pandemic.

For international use we strongly appreciate the exchange to learn from each other in our common struggle against the pandemic.

- 1.** We are in confrontation with a new, dangerous disease **that can be conquered**. This requires a special awareness and knowledge of the masses and their organizations as well as **the common international struggle**.
- 2.** The claim that Covid-19 is a pure lung disease is incorrect. The virus can damage the heart, brain and nervous system, kidneys, liver, pancreas and intestines. It can also damage immune system cells. It can damage the entire vascular system, lead to thrombosis, pulmonary embolism, heart attack and stroke. In adults, but also in children, it can in rare cases trigger a serious autoimmune disease ("Kawasaki syndrome"). The medical problem is not only in the acute course, but in late damage and transition to a chronic course. Unfortunately, there are no clear figures on the frequency of these late effects and chronic courses; at the moment we estimate the number of people affected to be about a quarter.
- 3.** The virus is transmitted by **droplet infection** (coughing, sneezing), **aerosols** (the finest floating water droplets in the air that can carry viruses) and by **smear infection** (touching the door handle or shaking hands and then touching the mouth).
- 4.** Between the infection and the onset of the disease there is a so-called **"incubation period"** of 2 to 14 days. In the days before the onset of the disease, an infected person can infect others. There are infected people who develop little or no symptoms, but who can infect others. The potential of this new virus for infecting others is high.
- 5.** In order to avoid infections as best as possible, these **protective rules** are important and must be followed by everyone:
 - **Keep a distance** from other people, at least 1.50 meters, better 2 meters. No shaking hands, no hugs, as hard as it may be!
 - **Hygiene**: frequent and thorough washing of hands with soap for at least 20-30 seconds, disinfect frequently touched surfaces, such as door handles, regularly. Cough and sneeze in hand or crook of the elbow and then wash immediately! Do not touch your face or scratch your mouth.
 - **Wear everyday masks**, either the usual surgical mouth protection or self-made everyday masks.
- 6.** Everyday masks prevent me from infecting others in a relatively high percentage. They do not protect myself effectively. So the sense of wearing masks arises when everyone adheres to it; **only then do we protect each other!** Everyday masks must be dried or changed regularly. Disposable items should be depolluted after sneezing, coughing or contact with risk persons.

7. Production and cleaning of masks: Self-made and reusable everyday masks are an important task for self-organizations. Sewing machines, fabrics and filter paper are to be financed by your own donation activities or international donation campaigns, if the local administration is unable to organize them.

Instructions for the production of an everyday mask can be found in the internet.

Cleaning of masks: Dry the masks every evening for 30 minutes at 70 degrees in the oven or equivalent suitable drying facility, wash them regularly, change filter paper regularly.

8. Anyone who has to deal with infected people or who is at **high risk** of illness needs **special masks** to protect them.

The following are possible:

Europe: FFP masks are protective masks that can retain even very small particles such as viruses, 92% in protection level FFP2 and 98% in protection level FFP3.

Of course, much more extensive protective equipment is required in isolation and intensive care units!

It is difficult to breathe air through the masks; there are FFP masks with an exhalation valve for people with lung disease, so that they can protect themselves, but not the others!

Plexiglas protective helmets protect against droplets, but not against aerosols!

Outside Europe: the names of the protection classes are different; mainly in China, protective masks of the KN95 category are produced, which filter 95% of the particles and are therefore between FFP2 and FFP3.

9. These rules apply in **public areas** and also for **meetings in houses**. In the open air, the risk of infection is lower than in houses. **Good room ventilation** is important (open windows!).

A good **room ventilation system** presses the air down to the floor and has a high exchange rate. **Air conditioners and fans that blow cooled or heated air directly at people's head are a risk.** Point fans outwards, away from people!

If I am alone at home or in the apartment with close relatives of my family, I can take off the protective mask.

10. If many people are forced to **live or work crowded closely together**, the risk of a mass infection increases enormously! Refugee camps like Moria/Greece or unworthy overcrowded accommodation for contract workers have to be closed and people have to be accommodated properly. **The fight against Covid-19 and against many other infectious diseases, from which millions of people die every year, also requires internationally the fight for a decent apartment for everyone, with running water and sewage systems!**

11. People who are hungry, who are malnourished, who are overworked and in need have a poor immune system. They are at high risk for Covid-19. People with chronic mass diseases such as high blood pressure or diabetes, chronic lung diseases, cancer, immunological diseases or other chronic infectious diseases (AIDS, malaria ...) are also at great risk. **Risk people must be given special protection!** The fight against Covid-19 is also a fight against poverty and poor nutrition, against old and new epidemics!

12. Applause for nursing staff and doctors is not enough! The struggle for **adequate and free health care**, health insurance for everyone is urgent worldwide. Broken-down public health systems and privatized medicine for the wealthy are a shame and a crime in the face of global wealth and scientific and technological progress!

13. General prohibitions on contacts, "shutdowns" and "lockdowns" are issued by the ruling capitalist class in order to dismantle democratic rights, to advance fascization and militarization and to pass the consequences of the deep global economic and financial crisis on to the masses. **We fight all dictatorial measures that are not justified in terms of health!**

Of course, it is true that Covid-19 patients must be **quarantined** until they excrete the virus no longer, as well as their close contacts, until it is certain that they are not infected. Their supply must be organized, which often requires the energy of the masses to organize folk kitchens. Of course, it is correct to close companies with many infected people temporarily, but with **full payment of wages!** We have to fight for both.

It may also be correct to close schools or childcare facilities temporarily, if there are many infected people. Then the instruction of the children and their care must be organized in a different way.

14. So that things do not get that far, consistent protection and hygiene measures are necessary and **regular testing of the population**. General and regular testing must be carried out in health and care facilities and in large companies; the public health system must cover the costs, as well as the governments – in the end the international financial capital must pay for the costs!

Some practical medical advices

The **throat-nose smear-test** must be carried out from the back of the throat, they use the PCR method to detect virus components. Many different manufacturers have good and worse PCR tests. A certain percentage of these tests are **false negative**. This means that the person has Covid-19, but the virus is not detected. Correct positive proof in really sick people is called sensitivity; it is between 71% and 98%. Depending on the quality and the correct timing of the test, 2 to 29 out of 100 patients will not be recognized by the test. **If the clinical symptoms are typical for Covid-19, then this counts more than a negative PCR test**, the test must then be repeated several times.

There are also **false positive tests**, which means that the person is not ill or infected with SARS-CoV-2, but is still tested positive. This so-called **specificity** of the PCR tests is 95% in worse tests, which means that out of 100 non-infected people, 95 are correctly recognized as negative, but 5 as “infected”, although they are not at all. Good tests reach 99% in this point.

15. Antibodies can be detected from **blood tests**, but they become positive at the earliest point 1 week after the onset of the disease. The quality of these tests has improved, but also varies greatly depending on the test used. The capitalist race for the new billion dollar market placed rapid market launch and profit over quality and reliability. We need good antibody tests to scientifically record how sick people react, what the “**undisclosed number**” of previously unrecognized Covid-19 sufferers in the respective population is, how long there is immunity after illness, how the vaccination works, etc.

16. Make your own disinfectant

A few years ago, the World Health Organization WHO published its own information brochure with **alcohol-based** recipes. The ingredients for this are available online, as well as in pharmacies:

- 830 ml ethanol 96%
- 45 ml hydrogen peroxide 3%
- 15 ml glycerin 98%
- 110 ml of boiled water

Mix all the ingredients together and pour into a container, for example a spray bottle, and shake well. If necessary, the hydrogen peroxide can also be omitted, the glycerin protects the skin.

The ingredients for a **vinegar-based** disinfectant are a bit easier:

- 50 ml of vinegar
- 100 ml of water
- 5 drops of tea tree oil (if available)

Mix all the ingredients together, pour into a small spray bottle and shake. You may use hand cream, as disinfectants can dry out the skin.

17. What are the symptoms of Covid-19 infection?

- Temporary taste and smell disorders
- Scratchy throat, dry cough
- Chest pressure
- Shortness of breath
- Fever
- Cold and heat waves (flush)
- Short-term nausea, diarrhea
- Headache and body aches

18. Important measures in the **treatment** of Covid-19 patients:

- If possible, high-dose vitamin C (ascorbic acid) 3x2.5-7.5 grams intravenously daily, if available
- Administration of vitamin D-tablets if available
- Avoidance of medications such as hydroxychloroquine that have been shown to be ineffective and can cause serious damage. They are still used in many countries out of greed for profit!
- Oxygen therapy, where necessary and possible, best in the form of "non-invasive ventilation" (NIV) or in form of oxygen-flow via a flexible breathing hose through the nose or mouth. (If ever possible avoid ventilation with a machine and intratracheal breathing hose.)
- Mugwort (Artemisia) extract has been shown to help with SARS infection (SARS-CoV-1), according to previous studies also with Covid-19.
- **Drinking a lot of liquid** (water and herbal teas), avoidance of physical exertion **is essential!**
- Wherever possible, use preparations to prevent thrombosis and embolism: If you are bedridden or have a high D-Dimer test: heparin injections daily!

19. Long live international solidarity!

Organize donations, make suggestions for international donation campaigns, from the sewing machine to vitamin C ampoules.

Let's fight together against the causes of the global crisis!

20. International exchange of experience:

Share your experience with us, compile your own statistics. Consultations with the doctors of the MLPD are possible in English via email or other communication channels.

The circle for solidarity with refugees, "Freundeskreis Alassa and friends", has published a YouTube film for information and education of the people about Corona. Originally the film was made by our friend Alassa for refugees in Germany. The film can be used very well for mass education.

French <https://youtu.be/H0ufZQQ0MiM>

English <https://youtu.be/YsFCLYTsixw>

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