What you should know about viruses, 
and how to protect yourself against them

Hello, dear friends,

I apologize if I’m saying things that are familiar to you. But I still meet many people who hardly know how to protect themselves properly against Corona because they lack knowledge about viruses.

I have compiled my information with utmost care. Please correct me if you should find a fatal error.

Here are the most important things I learned from the advice of the health authorities, the internet and doctors and still know from my biology lessons:

- They say the Corona virus (Convid-19) is “novel”. This is true because every flu virus is novel, otherwise we would not have to be vaccinated with a new vaccine every year. What is different from some other viruses is that we can infect others long before we realize we have it.

- But we have many other viruses in our bodies that we do not know about. Each one is full of viruses that can cause a serious illness. When the body is healthy, it can usually cope with them. But our immune system collapses when it has to fight with too many viruses and when it is already very busy defending itself against other dangers: dried up mucous membranes, smoke and fine dust, bacteria or existing diseases (diabetes, cancer, cardiovascular weakness).

- Viruses are transmitted by physical contact (handshake), contact with surfaces touched by others, and by breathing air: therefore, one should keep a distance of 1.5 metres in rooms. Outdoors, the distance can be less (if the wind comes from behind) or more (if the wind comes from the front).

- Viruses are also transmitted over longer distances by coughing and sneezing. It is therefore best to wear a breathing mask when meeting people outside. This will protect your fellow human beings above all.

- Viruses only enter the body via the mucous membranes (eyes, mouth, nose). Therefore you have to wash your hands more often and keep your distance.

- Viruses hate heat. That’s why our body fights them with fever; that’s why they love air conditioning! (Perhaps this explains their rapid spread in Australia and the USA).

- Viruses hate soap. Therefore, washing hands with hot water and soap is an effective protection against infection. (Disinfectants are not more effective, but often attack the skin).

- Infected does not mean sick. But you can still infect other people with your own viruses.
The corona virus can be deadly, even for some young people, but especially for people over 80, if they already suffer from other diseases, or if they have to live in areas with bad air or if they are constantly in air-conditioned rooms.

People do not die from the corona virus, as some people say, but with it. They often, or perhaps mostly, die from the other diseases they have, but not from the corona virus. The number of deaths in Europe as a whole is still below the average of recent years (https://www.euromomo.eu/) and in Germany the number of new infections is decreasing (Robert Koch Institute).

The decrease of infection rate may stem from the governmental measures or from a growing immunity in the population or from the start of the warm weather here. We don’t know. We still do not have a representative national study of the spread of the virus.

Protecting other people: Keep your distance, do not shake hands and do not touch or put fruit and vegetables in shops and at the market, and wear breathing masks when talking to them.

People often do not learn fast enough (like the British Prime Minister who did not keep his distance in parliament and was promptly infected). It is therefore helpful to remind each other of these rules in a friendly manner. You will always notice this with others rather than with yourself.

Good news at the end: As with almost all viral diseases, once infection is passed (not just an virus-illness is passed!) our body develops immunity. And: As with almost all flu waves in the past, we can hope that the corona flu will go away when spring comes.

Stay healthy!

(Passing on allowed.)

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28.3.2020 (2)

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