

## As prepared as you can be

Things may be getting much worse quite soon. While I hope not, it is likely that the Corona virus will thrive in Winter as the flu virus does. It started in China on November 17<sup>th</sup> 2019 reaching a peak early in February and declined rapidly due to well organised lock down. Today there was only one new case. The whole world, which virtually means the northern hemisphere, reached a peak of 90,000 infections per day at the start of April and has remained at this level ever since.

South Africa, by comparison has started slowly in its Summer and is now rising rapidly. There is no cure but everything you can do to save lives is important. The hospitals may be overwhelmed, masks may run out and only the simple actions may be available to save lives. Be as prepared as you can be.

The latest research is summarised at <https://www.worldometers.info/coronavirus/transmission/>

The first priority is for those who feel ill to keep the disease to themselves as far as is possible. This can be done by isolation and social distancing where possible but where people live together must be done with excellent personal hygiene.

Wear a mask of some kind at all times to protect others. Make sure the air you breathe out goes through the mask and not round it. Wash the mask and your hands every hour which means you need a rotation of several masks. If you cannot get them, cut them from an old t-shirt with holes for the ears. This video will show you how <https://www.youtube.com/watch?v=N5K2t6Y-PI4>

Wipe all surfaces regularly with bleach.

Good ventilation is beneficial but when it gets cold outside and the room is heated the humidity needs to be kept high by placing a pan of water on the heater. Aim at between 50 and 80 percent. A litre of water per hour may be needed. Deal with any mould which arises. **An air conditioning unit** will do the job better.

Use sunlight to kill the virus on clothes and surfaces where possible.

**Wear perfume or aftershave** to warn others that you have a cold, cough, 'flu or corona and they are coming into range.

Snort salty water up your nose to kill cold, 'flu and corona viruses.