

Strategic partner in the Free State



AVOID COVID-19 CONTAGION

Source: John Hopkins University

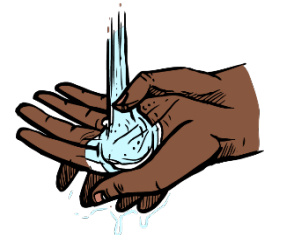
WHAT IS THE COVID-19 VIRUS MADE OF?

- The virus is not a living organism, but a **protein molecule (RNA)** covered by a protective layer of **lipid (fat)**, which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutate) and convert them into aggressor and multiplier cells.
- Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.










HOW TO BREAK DOWN THE COVID-19 VIRUS

- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam **CUTS the FAT** (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- **HEAT melts fat**; this is why it is so good to **use water above 25 degrees Celsius** for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.
- **Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT**, especially the external lipid layer of the virus.
- Any **mix with 1 part bleach and 5 parts water directly dissolves the protein**, breaks it down from the inside.
- *Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.*



LONGEVITY OF THE COVID-19 VIRUS

- **NO BACTERICIDE SERVES.** The virus is not a living organism like bacteria.
- Remedies such as antibiotics cannot kill what is not alive.
- While it is lodged to a porous surface, it is very inert and disintegrates only between:

	Surface	Time to disintegrate
	Fabric and porous surface	3 hours
	Copper, because it is naturally antiseptic	4 hours
	Wood, because it removes all the moisture and does not let it peel off and disintegrates	4 hours
	Cardboard	24 hours
	Metal	42 Hours
	Plastic	Up to 72 hours
	If you shake a feather duster or clothes, the virus molecules could float in the air	Up to 3 hours

OTHER FACTS ABOUT THE COVID-19 VIRUS

- The virus molecules remain very stable in **external cold, or artificial as air conditioners** in houses and cars.
- Use **UV LIGHT on any object that as it breaks down the virus protein**. For example use UV light to disinfect and reuse a mask. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.
- The virus **CANNOT go through healthy skin**.
- **Vinegar is NOT useful** because it does not break down the protective layer of fat.
- **NO SPIRITS, NOR VODKA, serve**. The strongest vodka is 40% alcohol, and you need at least 65%.
- **LISTERINE mouthwash, does not serve**. Mostly around 30% and therefore not effective.



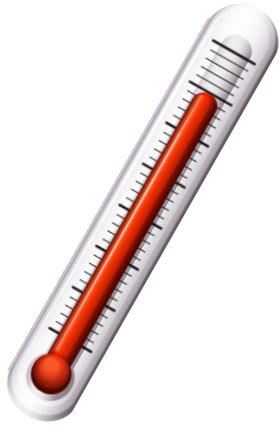
THINGS TO REMEMBER REGARDING THE COVID-19 VIRUS

- The more **confined the space, the more concentration** of the virus there can be. The more open or naturally ventilated, the less.
- **WASH YOUR HANDS.** You should wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV and when using the bathroom.
- You should **HUMIDIFY HANDS DRY** due to frequent washing, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- Also keep your **NAILS SHORT** so that the virus does not hide there.
- It is recommended that people are encouraged to **eat fresh fruits and vegetables.**
- Vitamin C and Zinc are good immune boosters.

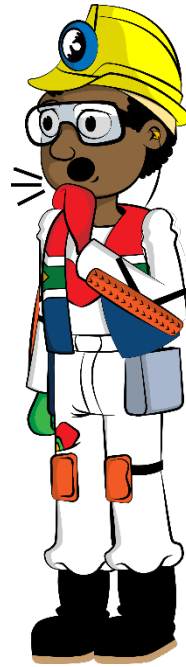


SYMPTOMS THE COVID-19 VIRUS

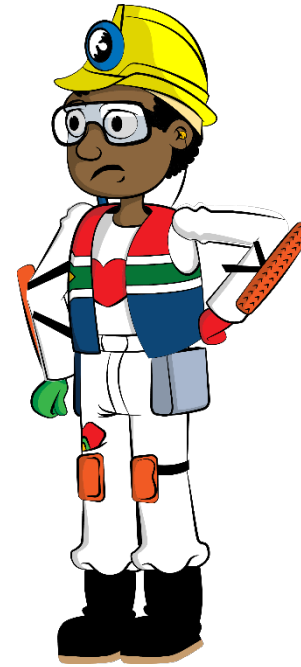
Remember the **SYMPTOMS** of the **COVID-19** virus:



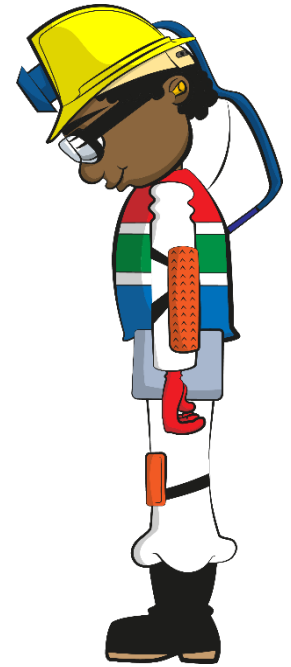
FEVER above 37.5°C



Dry cough



Muscle ache



Fatigue