

Household preparations for the COVID-19 out-break.

And now, as we start to enter periods of quarantine and self-isolation – as nations, communities, and individuals – all that should be so much clearer. It has taken a virus to show us that only together are we at our strongest, most alive and most human.

In being stripped of what we need most by the threat of contagion, we are reminded of how much we have taken the community for granted, abused it, hollowed it out. We are afraid because the services we need in times of collective difficulty and trauma have been turned into commodities that require payment, or treated as privileges to which access is now means-tested, rationed or is simply gone. That insecurity is at the root of the current urge to hoard.

-Pulse

Whether you believe that the COVID-19 coronavirus is a biological weapon or just a virus that isn't as bad as the flu, you should treat it as something to avoid getting. Right? You all don't want you or your family to have this bug. Here I will lay out the precautions that I, and most of the others in China are taking to keep this bug out of our home. I strongly recommend that you follow similar procedures in your home.

Face mask – Always on – no exceptions.

When the first news started to hit China in December, we were all aware that you should wear a mask and be extra careful. So when we went out we

would wear a mask.

But the thing is that we were not all that serious about it. We would pull it under our noses and allow it to wrap around our necks. Or we would take it off completely.

Then when the Chinese government went DEFCON ONE and everyone started to see alerts on their cell phones, drones telling everyone to stay inside, and Army troops with police setting up roadblocks, things suddenly took on a very serious face. We like the rest of China “got with the program.”

Since then, you never go outside without a mask on.

And not only that, you must always wear it. You wear it when you are around others, and when you are doing things. If you are in your car, you wear the mask. If you are walking down the street you wear the mask. If you are anywhere where others might have walked you wear the mask.

This virus can live on top of a surface for twelve hours. Twelve hours!

Which means that if you are eating a Big Mac on a park bench, an infected person from last night, who might have sat on that very same bench, could still infect your burger and fries.

Wear the mask or do not go outside. Period.

Avoid people.

The best way to avoid this virus is to stay inside and isolated in self quarantine. This is what China mandated, and it is working. In China, there are building quarantines, within block quarantines, within community quarantines, within town quarantines. There are multiple quarantine levels.

Do not go outside of your house unless it is absolutely an emergency.

If you can, work from home on your computer. Use the cell phone to talk to other people. Have food delivered to you and dropped outside your door and you get it when the person leaves.

HEPA Air purifier

Using a HEPA air purifier will really cut down on family cross-contamination. The machines themselves are not that expensive, but the filters are. However they are really worth it. I strong recommend an investment in a good rooms sized HEPA air purifier. You can find them at most retailers.

Wear gloves or do not touch things directly.

I have worn gloves, but you do not need to.

What you do need to do is avoid touching things, and this is really difficult. We touch everything. And it is a real problem. We touch the buttons to get on the elevator, we touch the door handles to get into the car. We open the doors to our house, and get the mail from our mail box.

The problem is that there are evil rascals that take an evil pleasure in spreading their sickness around. Only this time, it's not fun and games. People can die, and the death is particularly terrible.

I have videos where an infected person is walking in the mall coughing intentionally within a large group of people. I have other videos where they are spitting on elevator buttons, on door handles, and on mailboxes. I have videos where these crazy people are spitting on postage boxes and handrails.

So...

Assume that there are a few bad people near you, and that they have this illness. Do not take any chances. Protect yourself. Do not touch anything, and if you are not using gloves, then use a tissue.

Sanitize everything you come in contact with.

You can use alcohol, or a disinfectant, but you must use it.

That means everything. That means your shoes, your door handles, your keys, your cell phone and you “everyday carry”. Everything must be disinfected.

You cannot control the rest of the world, but you can control your life. Everything that you or your family touches must be disinfected daily. that means trash-bins, cars, lawn implements and everything inside the house.

To keep this work load down, you need to control who goes in and out of the home. Keep the movement low. Everyone should stay inside and if there are visitors they must stay outside.

Wash – wash – wash.

After you return home , you must take off your clothes and take a very hot shower. Scrub your body and perform hospital-level arm washes. Make sure that your fingernails are clipped short.

In public do not touch your eyes or your face, and absolutely do not eat anything with your hands. Use an utensil.

When you wash, you must use soap. It doesn't matter what type, but you must use it.

Isolate and wash outside clothes apart.

You should have inside and outside clothes. Once you go outside and wear those clothes, they are to be considered contaminated and to be cleaned. You throw them in to the hamper and wash them immediately. Make sure your wash them with hot water, and then let them dry.

Shoes must always be disinfected once you arrive inside. That means you must spray the bottoms and the sides and the interiors of the shoes. It's not a big deal once you make it a habit.

Grocery sanitation.

When you get groceries, spray the bag with disinfectant. Also make sure that you wash all the vegetables in warm soapy water. This includes the lettuce, tomatoes and apples. Make no exceptions.

Dogs and Cats stay inside.

Finally, the critters won't understand, but they have to stay inside. While Fido is out vacuuming up every scent he is also vacuuming up other things and bringing them into your house. You must not take that risk and allow that you happen. You must be careful.

- <https://www.thesun.co.uk/news/11060913/dog-coronavirus-test-positive/>
- <https://news.yahoo.com/pet-dog-quarantined-hong-kong-low-levels-coronavirus-080902393.html>

Conclusion

These rules are not really prohibitive. For most people it just means that you need to change some habits and avoid people. It's just more of a hassle.

Cleanliness is very important.

Your life might depend on it.

And by the way, that nonsense that the COVID-19 is not serious is just American propaganda. China did not go into DEFCON ONE on a trivial runny nose. It's a really bad illness.

Unlike the flu, you cannot stay at home and try to ride it out. If you try, WILL die.

Right now, at the time of this writing, there is a solid 80% chance of you getting over this, provided you go to a hospital and they take care of you. If you don't the mortality is very, very high.

According to Chinese CDC data on COVID19, while mortality rate in general in China is 2.3%, but mortality rate for patients with severe COVID19 infection symptoms is 49%.

Mortality rate for COVID19 infection patients died of other complications are:

Cardiovascular disease: 10.5%
Diabetes disease: 7.3%
Chronic respiratory disease: 6.3%
High blood pressure: 6.0%
Cancer: 5.6%

These are very scarily high mortality numbers. Complacency kills people. Urgency saves lives.

COVID-19 has a ten times higher mortality rate than cancer.

I hope that this post was of use and interest to you. You can find more in my Trump Trade Wars Index, [here](#)...

Trump Trade War

Articles & Links

You'll not find any big banners or popups here talking about cookies and privacy notices. There are no ads on this site (aside from the hosting ads – a necessary evil). Functionally and fundamentally, I just don't make money off of this blog. It is NOT monetized. Finally, I don't track you because I just don't care to.

- You can start reading the articles by going [HERE](#).
- You can visit the Index Page [HERE](#) to explore by article subject.
- You can also ask the author some questions. You can go [HERE](#) to find out how to go about this.
- You can find out more about the author [HERE](#).
- If you have concerns or complaints, you can go [HERE](#).
- If you want to make a donation, you can go [HERE](#).

Please kindly help me out in this effort. There is a lot of effort that goes into this disclosure. I could use all the financial support that any-

one could provide. Thank you very much.

Metallicman Donation

Basic Donation - \$10 ▼

Other Amount:

Please kindly enter any notes that you would like to attach to the donation here:

Donate