

Section 2-Sensible ways to protect against the spread of the COVID-19 Coronavirus

A highly contagious virus such as COVID-19 requires public lockdown policy to minimize the spread. However, taking this policy too far and too long has created fear, panic, mass hysteria, and economic devastation. Also, keeping the humans in prolonged isolation in a sterile bubble fails to challenge the immune system for building natural Immunity against the germs.

The medical science has declared that the COVID-19 will be with the world for a few months, and there will be no vaccination for many months to come. In the meantime, the population requires education regards sensible guidelines to protect against the spread of the virus:

- a) Do not panic or have fears by watching fake news coming from social media. In most cases, the advice is coming from individuals with no medical knowledge.
- b) There is no need to disinfect surfaces with alcohol or chemicals unless you have COVID-19 patients at home.
- c) Wash and disinfect hands but only sensibly a few times a day when you have come in contact with the crowds of people. Frequent washing and disinfection with chemicals will damage the skin on the hands. The same is true when you wear latex or plastic gloves too long.
- d) Keep in mind that passing by a person on the road, packaged goods, vegetables, fruits, and food items are not going to transmit the virus in amounts significant enough to cause the disease. Observe cleanliness but live your life sensibly without the obsession of sanitization. To build the immunity body does need a germ challenge in small doses.
- e) There is no need to take a shower and change your clothes every time you enter the house. The virus is not in the air; it only gets transmitted with prolonged (20-30 minutes) close contact with respiratory secretions of an infected person.
- f) The chances that you will bring home COVID- 19 on your shoes is almost negligible.
- g) Do not wear a mask all the time, wear it only in the crowds. A face mask interferes with breathing fresh air. The face masks from synthetic material can make you feel dizzy and faint, especially in hot weather. Wear a cotton cloth face mask.
- h) No need to wear the gloves- The dirty gloves are a source of infection if you touch the face and nose with gloves. It is better to wash and sanitize the hands instead if you come in contact with a dirty surface.
- i) Do not forget to take a walk in the park or outdoors where you can breathe fresh air and soak the immunity building sunlight.

- j) Finally, and most importantly bear in mind the scientific truth that the Immune system becomes weak if one stays locked in the home in a clean and sterile environment. So get outdoors, and connect with people. Your immune system needs an outdoor challenge, Sunshine, Fresh air, Natural food, and deep rejuvenating Sleep

Indian migrant workers are an excellent example of natural Immunity at work. In desperation to save themselves from starvation, they are moving in masses, packed in trucks buses and trains shoulder to shoulder without proper nourishment and water. Surprisingly, most are dying of hunger, dehydration, heatstroke, and unfortunate accidents rather than COVID-19 infections.