

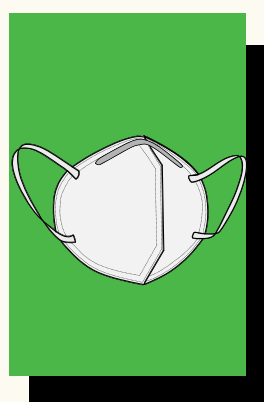
# COVID SAFETY 101 (2023)

Covid (SARS-Cov-2) is short for **severe acute respiratory syndrome coronavirus 2**. The virus is airborne and neuroinvasive. It causes vascular disease and dysregulates immune systems. The pandemic is not over, the virus never became milder, and the government has continually lied about the threat. Because the virus is being allowed to spread freely, more dangerous variants are constantly emerging. We are all in serious danger.



## COVID IS A BSL3 PATHOGEN

Biosafety level three pathogens are those that cause serious or potentially lethal disease through inhalation. Other BSL3 pathogens include yellow fever, West Nile virus, and tuberculosis. When Covid is handled in a lab setting, this is what people wear (left). Covid has always been classified as BSL3. Omicron is not mild.



## COVID IS AIRBORNE

Covid is airborne. Staying six feet apart does not keep you safe. Social distancing was never enough to prevent transmission. Masks work, when worn properly. Washing hands and getting vaccinated do not stop Covid infections, because the virus is in the air and can linger in the air for hours.



## LONG COVID IS A DIRE EMERGENCY

10-70% of people never recover from their infections. At least one in ten infections leads to Long Covid, a severe disease that has no cure. Long Covid is the third-leading neurologic disorder in the US. Covid can persist in the body long after infection (we don't yet know how long). Reinfections are far more dangerous than initial infections, and the damage is cumulative.



## MANY INFECTIONS ARE ASYMPTOMATIC

Many Covid cases are asymptomatic, meaning many people with Covid do not realize they are sick. And even in symptomatic cases, people often transmit Covid before any symptoms appear. This is why an approach based on sick people staying home cannot and will not work. Up to 60% of transmission comes from sources who are presymptomatic and asymptomatic.



## VACCINES AREN'T ENOUGH

Herd immunity is not possible. Our bodies are not building immunity to this virus, which has achieved immune escape by mutating so much. Covid is dysregulating immune systems. Current vaccines do not prevent transmission, death, or Long Covid. And most people's vaccines are out of date.

Masks (N95s/KN95s work best) are our only protection from infection.

## WHAT CAN WE DO?

**It is not too late to protect ourselves.** Because Covid damage is cumulative, protecting yourself from reinfections is essential. There are many precautions all of us can take to stay safe. Wearing good masks (respirators), cleaning the air, and improving ventilation are key. **Masks are still our best defense.**



## MASK UP

- [Project N95](#) is a great place to find masks
- Reusable mask options include [Flomask](#), [Envomask](#), [Breathe99](#), [Airgami](#), & the [Elipse P100](#)

## NASAL SPRAYS + CPC MOUTHWASH

Covid attaches itself to ACE receptors, which exist throughout your body (including in your mouth and nose).

- Many nasal sprays have been shown to reduce transmission or reduce the severity of Covid infections.
  - [Nasitrol](#), [Salinex](#), [Agovirax](#), [Betadine Cold Defence](#), [Taffix](#), [Sanotize](#), [VirX](#)
- CPC (Cetylpyridinium Chloride) mouthwash has also been found to be effective at reducing the infectivity of Covid.



HEPA filters also help reduce allergy symptoms!



## CLEAN THE AIR: HEPA FILTRATION

HEPA filters remove particles from the air, including respiratory particles containing viruses. HEPA filters can be installed in place of regular AC filters in buildings, and portable **HEPA air purifiers** can also be used to clean indoor air. **Corsi-Rosenthal boxes** are DIY air filters built using box fans, and you can make one yourself for a more affordable portable air filter option.

## MONITOR INDOOR CO2 LEVELS

Indoor carbon dioxide (CO2) levels give us an idea of how well-ventilated a given space is. Higher CO2 concentrations are bad for our health. CO2 monitors like the [Aranet4](#) give us an idea of whether a room is being adequately ventilated. Higher CO2 levels in occupied spaces also go hand-in-hand with higher concentrations of respiratory particles in shared air. Investing in CO2 monitors can help us advocate for cleaner air by highlighting air quality problems.



## LEARN HOW TO TEST CORRECTLY

### COVID-19 Rapid Antigen Tests: How to Collect a Sample

We now know that rapid tests provide more accurate results when both mouth and nose are swabbed. Below are instructions on how to do a combined swab, sourced from Ontario Health (9 February 2022).

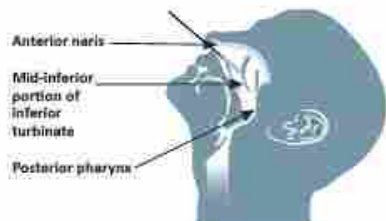
#### If swabbing your mouth and nose (combined oral and nasal method)

1. Do NOT eat, drink, chew gum, smoke, or vape for at least 30 minutes before collecting the sample.
2. If you have access to a facial tissue, blow your nose before the test.
3. Wash your hands and only hold the end of the swab opposite the soft swab tip
4. Insert the soft swab tip between both inner cheeks and lower gums and turn the swab a few times.
5. Then, rub the soft swab tip on your tongue as far back in your throat as you feel comfortable.
  - Optional: Instead of swabbing your inner cheeks and tongue, you may choose to swab the back of your throat and tonsils. You can use a mirror to help see where to rub your swab.
6. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
7. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
8. Remove the swab from your nose and using the same swab, repeat for the other nostril.
9. Immediately place the swab into the test tube following the kit instructions.

Steps 4-5



Step 6



## STAY INFORMED:

[WHN.global](#) + [PeoplesCDC.org](#) + [ProjectN95.org](#)  
[CleanAirCrew.org](#) + [covid.tips](#) + [biobot.io](#)