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Covid Cautious Survival Guide: The Terms You Forgot (Or Never Knew)

A field guide to navigating the pandemic reality everyone wants to ignore.

1. The Basics: FAFO Edition

- FAFO (Fuck Around and Find Out) – The inevitable consequence of pretending the pandemic is over. Ignoring precautions? Get reinfected. Act like it's the flu? Develop chronic illness.
- Covid Conscious / Cautious / Aware – Those who still acknowledge that SARS-CoV-2 is an airborne virus with long-term risks.
- Long Covid – The “post-viral” condition that is likely driven, at least in part, by a chronic infection that the body can't clear that the ‘just a cold’ crowd pretends doesn't exist, despite wrecking millions of lives.
- Immune Debt – A fake concept pushed by anti-mitigation folks to justify mass infection. The reality? Repeated infections degrade immunity over time.
- Immune Dysregulation – The real consequence of repeated Covid infections: a weakened immune system, increased susceptibility to other infections, and long-term health risks.
- FAFO Wave – When a new variant sweeps through, hitting those who ‘moved on’ the hardest.

2. Testing & Detection: Knowing When You've FA'd and Are About to FO

- RATs (Rapid Antigen Tests) – Tests that can miss early infections and asymptomatic spread but can still be useful with serial testing (test multiple days in a row).
- PCR (Polymerase Chain Reaction) – The gold standard for Covid testing that people forgot about when free testing disappeared.
- Viral Load – How much virus is in your system. Higher viral load = higher transmission risk.

3. Prevention & Protection: The Layered Defense Strategy

- PlusLife device (near PCR-equivalent testing for 97+% accuracy)
- #CleanAirClub – Movements dedicated to keeping indoor air safe, reducing Covid transmission, and preventing reinfections.

- CR Box (Corsi-Rosenthal Box) – A DIY air cleaner using MERV-13 filters and a box fan to remove airborne viruses. Cheap, effective, and the thing every classroom should have had in 2020.
- HEPA (High-Efficiency Particulate Air) – The real MVP of air purification, capable of removing airborne viruses like SARS-CoV-2.
- CADR (Clean Air Delivery Rate) – A measurement of how well an air purifier removes airborne particles. Higher CADR = better air cleaning (aim for 300 every 500 sqft)
- Fit-Tested N95 / Elastomeric / P100 – The real protection against airborne viruses. Not all masks are created equal. Cloth masks and loose surgical masks? Virtually useless.

4. Nasal & Oral Defenses: Extra Layers, Not Magic Shields

- Nasal Sprays (Enovid now NOWONDER, Nitric Oxide, Betadine, Saline, Iodine, Astrodimer Sodium, etc.) – Can help reduce viral load but are NOT a replacement for masks or clean air.
- Oral Rinses (Listerine, Betadine, Xylitol, CPC, Hydrogen Peroxide) – Mouthwashes with antiviral properties that can reduce viral load in the mouth. Again, not a substitute for actual precautions.
- Blis K12 & Blis M18 Probiotics – Beneficial oral probiotics that may help with immune function and throat health, potentially reducing the severity of infections.

5. The Gaslighting Era: How We Got Here

- Endemic Theater – The myth that Covid is now "just like the flu" and we should "learn to live with it."
- Mass Infection Policy (MIP) – The unstated global strategy of pretending repeated infections don't matter and sacrificing public health for corporate profits.
- Hygiene Theater – The outdated obsession with surface cleaning and hand sanitizing instead of addressing airborne transmission.
- Pandemic Amnesia – The willful forgetting of everything we learned in 2020-2021 about preventing infections.
- Biosecurity Denialism – The refusal to acknowledge the need for clean air, masking, and ongoing mitigation efforts.

6. Staying Ahead: The Real Way Forward

- Variant Soup – The never-ending stream of new SARS-CoV-2 variants, thanks to unchecked transmission and evolution.

- Hybrid Immunity Myth – The false belief that getting infected + vaccinated makes you invincible. In reality, reinfections still harm the immune system.
- Mask Shaming – The social pressure to remove protection and "just live your life," often by people who end up getting sick constantly.
- Viral Load Testing in Blood Banks – A public health issue no one talks about: Are we screening for Covid in donated blood? (Answer: No.)
- Community Transmission Levels (CTLs) – The real numbers that matter, even when authorities pretend Covid is "low risk."

Final Thought:

Being Covid Cautious isn't about paranoia—it's about FORESIGHT. You don't wait until you're drowning to learn how to swim. You don't stop brushing your teeth because you haven't had a cavity in a while. And you sure as hell don't "move on" from a pandemic when reinfections keep causing chronic illness, immune damage, and neurological dysfunction.

This isn't about "living in fear." It's about living with awareness and choosing not to FAFO.