

It is time for Americans to act like Americans > Take care of ourselves, our family, our neighbors — and fight back.



# You and Yours Can Defeat COVID-19!



**The universal protection** = a mask when out and about and entertaining (protecting your neighbors from you — *maybe*), plus **18 Ys-Ways** you can stay out of the Hospital > ICU > Refrigerator.

**The key to successful protection** is to understand that the COVID-19-carrying moisture droplets are airborne hitchhikers to get to you, and on your mucus in the slow lane to get to your Lungs (2–14 days to reach your lungs), plus must attack in clusters. An 80% denature rate will get the job done. Your optimized Immune System can mop-up the residue.

**For those of you who are in a hurry — we offer a Mentored Ys-RapAround Q+A (questions with answers, plus How-to).**

- **Discussion** = 1–2 hours (participants drive Discussions); includes demos of our PPE tools and techniques and My-Ys-Guide (via USPS); \$120/Person; \$480/Group of 5-8.
- **To Register:** Go to [YsUpAmerica.com](https://YsUpAmerica.com), scroll down to "CoronaVirus"; click/tap "PayPal/Buy Now Button". We will order your My-Ys-Guide and mail it to you with a list of pending dates and times (generally, Tues./Thurs., 6PM PDT/9PM EDT).

## 18 Ys-Ways to defend yourself, your household, your social environs, your workspace, your playgrounds

### No Mask >

- 1) When in crowds > Blow your nose > wipe your hands with sanitizing gel > rinse your mouth out with very warm water > **every hour.**

### Mask Wearers >

- 2) Saline Flush your Sinuses after attending any size group activities (both nostrils).
- 3) Wash your face and hands with sanitizing soap before going to bed.
- 4) Sweep-out throat mucus before going to bed.
- 5) Ask for Adenoids and Saliva tests. Tonsils and Adenoids are a part of your Immune System that blocks/filters invading bacteria and viruses via your throat. Your Adenoids are a "Cilia Patch" that traps viral cells. It is visible to the naked eye and a much easier, more reliable test site than your Nasal Passages and you can do a saliva test simultaneously, which will increase the speed and accuracy of the results, 3-fold. (NP testing seems to be only about 30% effective.)
- 6) Build up your Lungs — strength/capacity.
- 7) Use an ACT device to clear/strengthen your Lungs.
- 8) Take a walk in the Sun 20–30 min/day (3 mph) to increase Vitamin D and build Stamina.
- 9) Vitamin D foods also build your Immune System.
- 10) Clean masks with heat 200°F+ and/or 91% alcohol and/or UV-C Wand (\$70).
- 11) Sanitize all incoming packages. (In your home is a portable device that can denature COVID-19 on contact.)
- 12) Clean/purify/sanitize the air in your living space/workspace/party space.
- 13) Sanitize the air at/around your table for safe "no mask" dining — to parties of 8.
- 14) Sanitize the air in your office (to 225 sq ft).
- 15) Any building with central air-conditioning can become a Pandemic Free Area. (Note: air-conditioning systems can only sanitize when running in reverse, while hosting UV-C tubes. Ceiling vents should suck >>> floor vents should blow. Floor vents are best when 30" to 36" above the floor and can create a circulation pattern in the top 2/3rds of the space. (Reversing an air-conditioning system's air flow is first among several adjustments/additions > all of which are doable and affordable.) (schools / offices / houses / restaurants — but not Bars — too much moving around in Bars)
- 16) In addition: When in Public places, try to be upwind of the crowd. At the Beach, be next to the water. (There is generally an onshore breeze.) If you can't tell upwind, stick your finger in your mouth — get it very wet > stick it in the air > the cool side is the upwind side.
- 17) In Public Venues, try to have your back toward the air-conditioner outlet. When you get home sanitize your hair and clothes with high heat.
- 18) Develop a Critical Path to a Real World successful life after the Pandemic (increases Dopamine; enhances Immune System). A Critical Path has a delineated Target, tangible Stepping Stones and a Timeline with measurable Milestones.

*"Let's Collaborate to Initiate > an Offensive Defense." — D.D. John*