



CORONA VIRUS



DIY You can beat back Coronavirus (COVID-19) with the tools and rules you have on-hand, if your tools are working properly/optimally.

DIY Pandemic Defense Plan

Attack COVID-19

Reduce Your Vulnerability

> Now!

> How?

You really don't care about testing, or whose fault the Pandemic is, or that the Pandemic advancement is slowing even as it's spreading — hot spots / recurrence / resurgence. What you *really care about* is: 1) How vulnerable are you? 2) Are you a danger to your family, friends, neighbors? 3) Can you work in a restricted space safely? The answers to your questions are Physiological/Engineering/Common Sense, not Medical Speculation/Data/Statistics. Reducing mucus (carrying COVID-19) is Physiology. Social-distancing is Common Sense. (Experts don't tend to have any. They are Data-based.)

You can protect your freedom of social/school/workforce participation during America's Coronavirus (COVID-19) Pandemic with the tools, rules, and facilities we have on-hand — sufficiently — that we can all live together in reasonable safety if we focus on our Human Nature, Human Physiology, Air Quality Control and Common Sense. The #1 enemy of COVID-19 is your Immune System. "The enemy of your enemy is your friend." Improve your Immune System and its Physiological Supporters, and you can defeat the COVID-19 invaders.

This presentation is based on Human Physiology—its functionality—Science-based Engineering and Common Sense. COVID-19 is not self-propelled. It needs transportation. Its transportation is respiratory mucus droplets. The operative word is "droplets" — indicating measurable size. It seems to have to attack in "clusters" to defeat the human Immune System. Since we do not have a vaccine to kill it, we need to reduce its attack capabilities by reducing the amount of respiratory droplets (mucus) in your upper respiratory tract. You can learn how-to defend yourself, your lifestyle, your employment, your family, your neighborhood, your community > by diminishing COVID-19's capabilities.

The Strategic Imperative: COVID-19 droplets need sufficient mucus flow to overcome several "Cilia Patches", which typically sweep out viruses/bacteria/germs (MCC).

Your Physiology, Immune System, an Aggressive Defense, and Common Sense can protect you from the ravages of COVID-19. (SEE 12 STEPS)

Without a Vaccine, expect 70% of U.S population to contract COVID-19.

Of that 70%, expect the following infection levels, which indicate various levels of vulnerability. →

Where do you fit?

Why?

God helps those who help themselves.

80%

80% of those infected will be Asystematic Carriers (without symptoms) or Carriers with mild to moderate symptoms who can infect you.

20% of those infected will be Carriers with severe symptoms (Hospitalized). Of the 20% Hospitalized: 25% Bed & Board; 20% ICU; 25% Ventilators; 30% Refrigerators

20%

12%

Do nothing, and you have a 12% chance of going to the hospital (1:8)

(Representational, not statistical)



Coronavirus Indicators

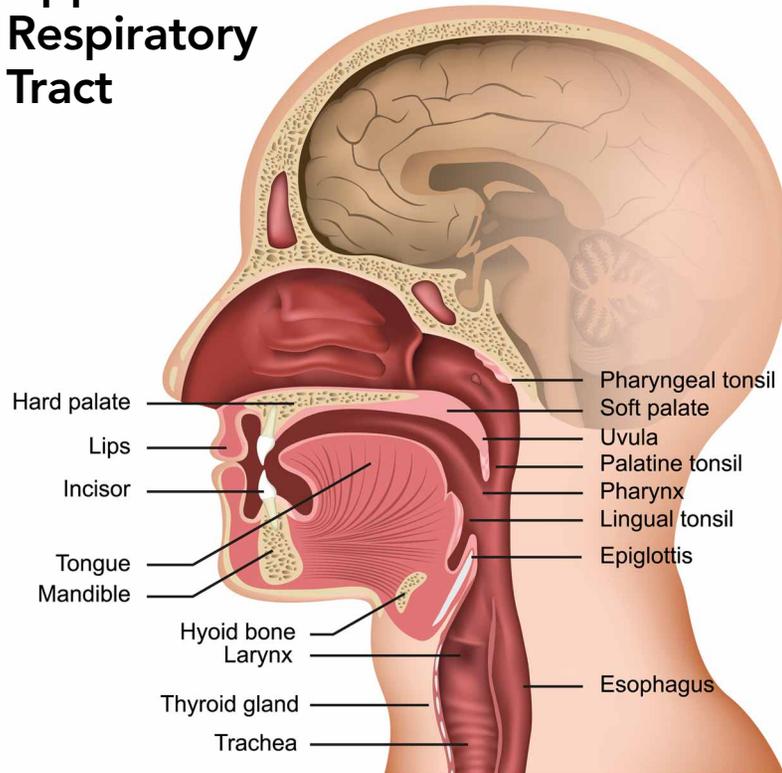


STUFFY HEAD LOW FEVER COUGHING SNEEZING NASAL DRIP

How you can protect yourself, your family and your neighbors (See "12 Steps")

- 1) Optimize your air/oxygen intake capabilities. (*Breathing*)
- 2) Energize your Immune System. (*Nutrition; Dopamine*)
- 3) Protect your Respiratory System's "Cilia Patches" (*Reduce Mucus Flow; Prevent Phlegm Buildup*)
- 4) Stay out of harm's way. (*Common Sense*)

Upper Respiratory Tract



Prevention

> An ounce of Prevention is worth a pound of Cure

Initializing > Monitoring > Optimizing > Your Defense > Offensively

12 Steps to a Safer Life during the COVID-19 Pandemic

Google is your friend — indeed. Consult and conspire to derail the COVID-19 viral cells' transportation.

Monitor

- 1) **Body Temperature.** Within 1/2-degree F of your body's normal range = body functioning normally.
- 2) **Blood Pressure:** arm > wrist > ankle = circulation systems functioning normally. (Cardiovascular: Relating to the circulatory system, which comprises the heart and blood vessels and carries nutrients

and oxygen to the tissues of the body and removes carbon dioxide and other wastes from them.)

- 3) **Smell/Taste** functioning properly. (Sensory receptors not smothered by mucus.) Keep lung walls' Mucous Membranes as clear as possible by reducing upper respiratory mucus.

Optimize Physiological Defenses

- 4) **Lung Strength:** Provide necessary air supply to provide sufficient Oxygen to maintain body health and functionality (Is your breathing: Shallow? Deep?) Practice deep breathing. "I do it in bed when I first wake up, after a full body stretch." Inhale through your nose; push down your diaphragm to fully fill your lungs; exhale through your mouth. Slowly; 12 times. (*Check blow strength: Hand-held breath testers available.*)
- 5) **Blood Oxygen Level:** Normal = 92%+ > 100% with exercise = Oxygen-generating/delivery systems functioning properly. (*Finger oxygen monitors available.*) Oxygen drives our 3.6 Brains.

- 6) **Body Mass Index (BMI)** = below 30. Above 30 indicates that your body weight exceeds the design levels of your body's physiological systems, leaving little capacity to repel additional virus/bacteria/germ invasions
- 7) **Hair/Fingernail Growth:** indicates Vitamin D/B-12 levels that support Immune Systems. Also watch normal skin color/texture. Your best defense is your Immune System — against any and all infections and viral/bacterial invasions.
- 8) **Walk a mile** in 20 minutes or less: Do you have the physiological stamina to sustain a defensive barrier? (1 mile = 5,280 feet; 63,360 inches; Your step? ____)



Create a Poster: Attach Page 1 to page 2 (above) > Attach page 2 to page 3 > and POST on the nearest telephone pole

DIY Defense Plan



WEAR A MASK



AVOID THE UNMASKED



CLEAR HEAD (SPRAY/STEAM)



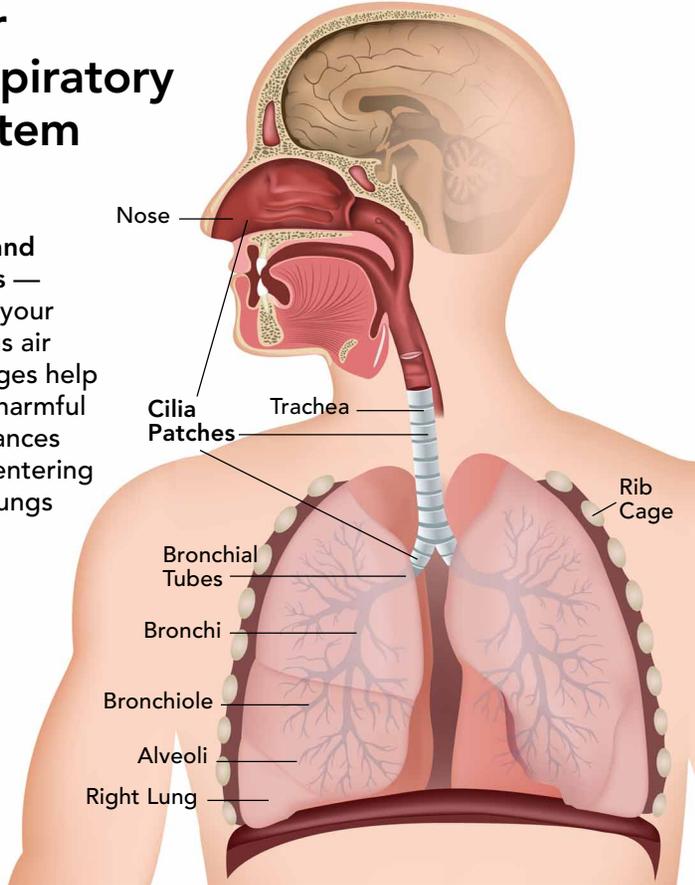
PROTECT CILIA PATCHES



CLEAR LUNGS (ACTs)

Our Respiratory System

Cilia and mucus — lining your various air passages help keep harmful substances from entering your lungs



Close the Gates

9) **Reduce** the amount of Coronavirus (COVID-19) you may inhale: Social Distancing / Face Mask / Quarantine. Stay away from people who don't seem to care about infecting you — no masks.

10) **Reduce** the amount of Coronavirus (COVID-19) that gets into your larynx and lungs. Protect your Respiratory System's Cilia Patches from being overloaded. You might consider using Saline nasal spray and reduce COVID-19's mucus droplets (aka: taxi-service) supply.

11) **Once COVID-19** (aka: SARS-CoV-2) gets into your lungs, you are behind the Recovery Curl but not without options to reduce the amount of infected mucus from your Lungs. ACTs = Airway Clearance Techniques (huff coughing; controlled coughing; hand-held clearing devices). The light at the end of the COVID-19 infected tunnel may well be ultraviolet.

Mother Nature is a great nurse

12) **Optimize your physiology — NOW!**

Trigger your Axon Neuron System to create Dopamine (a neural transmitter), which can strengthen your Immune System along with generating the production of Vitamin D, which can also strengthen your Immune System.



How is your white blood cell count? White blood cells fight infective invasions. If your white blood cells are doing their job, your Immune System won't have to play back-up — and is free to fight COVID-19.

Also check your blood type to see what your level of susceptibility might be. "O" seems to have some immunity. "A" not.

As a reference, you might consider Norman Cousins's "The Anatomy of an Illness". Optimize works!

Use Google — religiously.

It is the best reference source in the world. Words to research: Trachea > Cilia "Patches" > Bronchi > Esophagus > Lungs > Upper Respiratory > Lower Respiratory. Use 3–6 References. There is no such thing as a neutral perspective. The tools for a DIY Defense are here.

BTW: Using Google, students can now "fact check" a lecturing Professor to see if anyone still believes what the Professor is telling them — or is their tuition just buying old Data/Dogma.

If our DIY Pandemic Defense Plan (PDP) makes sense to you

please forward a copy of this to your friends and neighbors so they can protect themselves and their lifestyle from COVID-19. We have the Science and Technology to reduce the COVID-19 invasion so our Immune System can defeat it.

If you have any suggestions that have worked for you or yours, send them along — along with permission to use.



DIY Pandemic Defense Plan (PDP) > a Service of > YsUpAmerica.com

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