

*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 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 trying 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 protect you. 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 (Buy 4 \$120 tickets).
- **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 PT/9PM ET).

### DIY: 18 Ways to defend yourself, your household, your workspace, your social environs, your playgrounds

#### — PICK 6 —

##### No Mask >

- 1) When in crowds > Blow your nose often > 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) Tonsils and Adenoids are a part of your Immune System that blocks/filters invading bacteria and viruses via your throat. Your Adenoids have a "Cilia Patch" that traps viral cells. It is a much easier, more reliable test site than your Nasal "Cilia Patches". Sweep-out throat Adenoidal "Cilia Patch" with ½ oz. Apple Cider Vinegar (5% acidity; do not go over 5% acidity) daily.
- 5) Build up Lung strength/capacity with diaphragm-driven deep breathing exercises — DAILY.
- 6) Use an ACT device to clear/strengthen your Lungs and clear mucus. (Air Physio)
- 7) Take a walk in the Sun 20–30 min/day (3 mph) to increase Vitamin D and build Stamina.
- 8) Eat foods with Vitamin C, D and Selenium to build your Immune System.
- 9) Clean masks with heat 200°F+ and/or 84–91% alcohol and/or UV-C Wand (\$70).
- 10) Sanitize all incoming packages with your hair dryer if "high" hot air exceeds 200°F. Hot air will denature COVID-19 on contact.
- 11) New Vaccines are now based on the scientific analysis of the Human Genome.
- 12) Clean/purify/sanitize the air in your living space/workspace/party space. Beware of Ions. (Oransi Finn Air Purifier)
- 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 two-thirds 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/clothes with high heat 200°F+.
- 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*