



THURSDAY, 2 APRIL 2020 - Source: Johns Hopkins University

- The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.
- Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). In your head, sing the song “Happy birthday to you” twice over to account for 20 seconds.
- By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- HEAT melts fat; this is why it is so good to use water above 77 degrees Fahrenheit (25 degrees centigrade) for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more effective.
- Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.
- Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.
- NO BACTERICIDE OR ANTIBIOTIC will work. The virus is not a living organism like bacteria; antibiotics cannot kill what is not alive.
- NEVER shake used or unused clothing, sheets or cloth. While it is settled on a porous surface, it is very inert and disintegrates:
 - between 3 hours (fabric and porous)
 - 4 hours (copper and wood)
 - 24 hours (cardboard)
 - 42 hours (metal) and
 - 72 hours (plastic).
- But if you shake material with the virus on or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose or other mucosa.
- The virus molecules remain very stable in external cold, or artificial cold such as air conditioners in houses and cars.



- They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask it is perfect. Be careful though, UV light also breaks down collagen (which is protein) in the skin.
- The virus CANNOT go through healthy skin.
- Vinegar is NOT useful because it does not break down the protective layer of fat.
- NO SPIRITS, NOR VODKA, will be suitable. The strongest vodka is 40% alcohol, and you need 65%.
- LISTERINE MOUTHWASH can be suitable as it is 65% alcohol.
- The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less.
- You MUST wash your hands before and after touching mucosa (eyes, nose, mouth). And when using the bathroom.
- Moisturize dry hands, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- Keep your NAILS SHORT so that the virus does not hide there.

WASH YOUR HANDS AND STAY AWAY FROM OTHER PEOPLE!