

THE CDC RESPONSE

We are not out of the pandemic, rather the Biden Administration declared the “crisis” over while Sars-CoV-2 continues to spread, causing 4X more deaths than the flu & mass disability from Long COVID.

The CDC has stopped promoting a public health response that includes vital evolving information as research has advanced indicating dangers of infection & the mass disabling impact of the virus.

We don't understand their reasoning, but we can choose to follow a common sense personal & community response until the virus is no longer in pandemic or endemic status. We continue to experience year-round surges & have the personal power & choice to choose self-care & thoughtful community care.

RESOURCES

CDC COVID VENTILATION

<https://search.cdc.gov/search/?query=ventilation%20covid&dpage=2>

CDC LONG COVID <https://search.cdc.gov/search/?query=long%20covid&dpage=1>

CDC RESPIRATORS for COVID

<https://search.cdc.gov/search/?query=covid%20masks%20respirators&dpage=1>

NIH COVID-19 RESEARCH <https://covid19.nih.gov/>

THE WHITEHOUSE AIR BENEFITS for EVERYONE (COVID) <https://www.whitehouse.gov/ostp/news-updates/2022/12/08/clean-indoor-air-benefits-everyone/>

EPA CLEAN AIR IN BUILDINGS CHALLENGE (COVID)

https://www.epa.gov/system/files/documents/2022-03/508-cleanairbuildings_factsheet_v5_508.pdf

BERNIE SANDERS LONG COVID MOONSHOT

<https://www.sanders.senate.gov/press-releases/news-chairman-bernie-sanders-releases-long-covid-moonshot-legislative-proposal/>

HHS LONG COVID REPORT 2024

<https://www.hhs.gov/sites/default/files/long-covid-update-2024.pdf>

SOLVE ME <https://solvecfs.org/>

LONG COVID ALLIANCE

<https://longcovidalliance.org/>

LONG COVID KIDS <https://www.longcovidkids.org/>

THE PEOPLE'S CDC WEATHER REPORT

<https://peoplescdc.org/2024/05/14/peoples-cdc-covid-19-weather-report-74/>

RESEARCH IS PROLIFIC & ONGOING

BRAIN DAMAGE

- COVID shrinks the brain by drilling nano-tubes. <https://www.scientificamerican.com/article/covid-virus-may-tunnel-through-nanotubes-from-nose-to-brain/>
- COVID permanently fuses brain cells together. <https://www.science.org/doi/10.1126/sciadv.adg2248>
- 100% of in this study examined by MRI had brain damage. <https://neurosciencenews.com/post-covid-brain-21904/>
- A Dutch study found COVID-19 patients are more likely to be diagnosed with Parkinson's disease & Alzheimer's disease, stroke and bleeding in the brain. <https://news.ecu.edu/2022/08/04/covid-parkinsons-link/>
- In another study, people who had mild COVID, 161,785 reported concentration/memory problems 1-6 mths later & 149,618 of those people still reported that symptom 6-12 mths later. <https://twitter.com/EricTopol/status/1613319885379219457>

HEART DAMAGE

- COVID attacks the DNA in the heart. <https://www.brisbanetimes.com.au/national/queensland/unlike-flu-covid-19-attacks-dna-in-the-heart-new-research-20220929-p5bm10.html>
- Everyone infected with COVID is at higher risk for heart issues—including clots, inflammation, and arrhythmia. This risk persists even in relatively healthy people long after the illness has passed. <https://publichealth.jhu.edu/2022/covid-and-the-heart-it-spare-no-one>
- Heart attacks on dramatic rise for 25-44 age group linked to COVID. <https://www.khon2.com/coronavirus/heart-attacks-on-dramatic-rise-for-25-44-age-group/>

VASCULAR DAMAGE

- COVID ages arteries, even in young healthy people after a mild initial infection. <https://medicalxpress.com/news/2023-04-mild-covid-effects-cardiovascular-health.html>
- Not only does a mild COVID infection cause vascular degeneration and arterial stiffness, but it also appears that both of these conditions are degenerative. "The longer the period from COVID-19 infection the worse the vascular impairment." <https://www.mdpi.com/2077-0383/12/6/2123>
- COVID causes blood clots. White Cells (monocytes) switch gene expression from an established innate immune profile to a pro-clotting signature in COVID. <https://www.nature.com/articles/s41467-022-35638-y>
- The British Heart Foundation put out a statement on how COVID damages blood vessels. <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health/is-coronavirus-a-disease-of-the-blood-vessels>

IMMUNE DAMAGE

- A recent study showed subjects had not recovered normal immune functioning at 8 months. <https://www.nature.com/articles/s41590-021-01113-x?s=09>
- Another study: "we discovered that a subset of the naive T-cells from the healthy individuals were absent from the recovered individuals." <https://www.frontiersin.org/articles/10.3389/fimmu.2022.1034159/full>
- Loss of T-cells raises the chance of cancer later in life as there are fewer T-cells to clean out pre-cancerous cells. <https://onlinelibrary.wiley.com/doi/full/10.1002/jmv.28722>
- Many studies indicate that COVID infection increases the risk of cancer. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10518417/#:~:text=The%20increased%20incidence%20or%20recurrence,provided%20they%20recognize%20certain%20antigens.>
- COVID infection "predispose(s) recovered patients to cancer onset and accelerate cancer development." <https://www.mdpi.com/1422-0067/24/9/7803#>

COVID-19 Community Care



THE HARM COVID CAUSES: PEER REVIEWED RESEARCH

THE CHAIN OF TRANSMISSION

Choose to Protect each other. Every chain of transmission that is broken is valuable, every person that doesn't get sick, that doesn't lose that week of work, or doesn't become disabled or die, from the most minor inconveniences, to the greatest of losses: every single one of those things is valuable.-Becca, Death Panel Podcast.

WORLD HEALTH ORGANIZATION: WE'VE ENTERED THE 5TH YEAR OF THE COVID-19 PANDEMIC

Long COVID19 & where we are. I'm worried. We are entering the 5th year of the pandemic & we are certainly in a different phase. This phase is marked by an evolving virus (with the XBB & BA.2 sublineages circulating & JN.1 becoming dominant).

Maria Van Kerkhove, COVID-19 Technical Lead, Director of Epidemic & Pandemic Preparedness & Prevention. - December 31, 2023

IMPORTANT STATISTICS

- 1.2m have died of covid & still dying at 35% higher risk of death in COVID-19 vs flu in 2024.
- Infection rates are still high. We had second highest surge winter 2023.
- The CDC states that 20% develop Long COVID per Infection.
- Marymount study indicates 1/3rd of those who develop Long COVID become disabled.
- Each reinfection causes more damage & increases the risk of Long COVID substantially.

COVID IS AIRBORNE

- COVID hovers in the air up to 12 hours & accumulates in a room.
- The virus clings to small particles that can enter gaps in surgical masks & pass through fibers in cloth masks.
- The best defense against Sars-2 is a well fitted N95 respirator.
- HEPAS & Ventilation can dilute concentrations of airborne virus.

THE STATE OF SARS-COV-2 TODAY

- Almost 1.2m have died of covid & still dying at 35% higher risk of death in COVID-19 vs flu in 2024.
- According to the WHO, the pandemic is not over yet.
- Most COVID transmission is still asymptomatic.
- Some 60% of virus spread starts with those who have no symptoms
- We need sterilizing & mucosal vaccines.
- COVID is Sars-CoV-2, a vascular virus that attacks the respiratory system & every organ in the body as well.
- Cases & death rates are still very high. 80,000 new weekly cases & more than 1,000 weekly deaths—numbers that Boston University research suggests may actually be undercounted.
- Long COVID is a disabling public catastrophe, estimated 23m, estimated 1/3rd not recovered.
- Reinfections are very dangerous, each more damaging to the body, often silently, & higher rates of Long COVID.
- The vaccine only approach doesn't stop transmission.
- Layered mitigation approach does stop transmission.
- It takes all of us working together.

LAYERS OF PROTECTION

- NOISH approved N95, the best.
- KN95, KF94, better.
- Reduce virus in the Air, HEPA filtration & ventilation.
- Reduce density, not so many packed together.
- Vaccine, keep boosting.
- Test, PCR most accurate, give antigen up to 5-7 days to respond.
- Stay home when sick, test out negative.

IMPACT OF LONG COVID

- 1 in 5 infections leads to Long COVID.
- About 7.5% of US population has Long COVID.
- Up to 23M+ have developed Long COVID & still counting.
- Highest % between ages 36-50.
- Most cases non-hospitalized mild infections.
- 85% still reporting symptoms 1 yr after onset.
- 33% report moderate improvement after 22 months.
- 20% report minimal improvement after 22 months.
- 38% report no improvement after 22 months.
- 2/3rds don't return to baseline.

SOME WAYS COVID DAMAGES OUR BODIES

BRAIN DAMAGE

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- 100% in this study examined by MRI had brain damage.
- A Dutch study found COVID-19 patients are more likely to be diagnosed with Parkinson's disease & Alzheimer's disease, stroke and bleeding in the brain.
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MULTISYSTEMIC

Long COVID: major findings, mechanisms and recommendations

<https://www.nature.com/articles/s41579-022-00846-2>

Long COVID is a multisystemic illness encompassing ME/CFS, dysautonomia, impacts on multiple organ systems, and vascular and clotting abnormalities. It has already debilitated millions of individuals worldwide, and that number is continuing to grow. On the basis of more than 2 years of research on long COVID and decades of research on conditions such as ME/CFS, a significant proportion of individuals with long COVID may have lifelong disabilities if no action is taken. Diagnostic and treatment options are currently insufficient, and many clinical trials are urgently needed to rigorously test treatments that address hypothesized underlying biological mechanisms, including viral persistence, neuroinflammation, excessive blood clotting and autoimmunity.

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***Links to studies on back page of brochure.**