

Here is some information about COVID-19 from Johns Hopkins Hospital that you may find helpful.

- 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 its genetic code (mutation) and converts it into an aggressor, which multiplies.
- 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 resides.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam cuts through the fat. This is why you rubbing for 20 seconds or more and producing foam helps break down the virus.
- Heat melts the fatty protective layer. This is why it is good to use water above 77 degrees Fahrenheit when washing hands, clothes and other things that can have contact with your skin. In addition, hot water makes more foam, which makes washing of your hands more useful in dissolving the virus.
- Alcohol or any mixture with alcohol over 65% dissolves the fatty protection.
- Any mixture of one part bleach and five parts water directly dissolves the protein, which breaks down the virus from the inside.
- Peroxide dissolves the protein, but you have to use it pure, which can irritate your skin.
- Bactericide and antibiotics do not kill the virus. The virus is not a living organism like bacteria; therefore antibodies cannot kill what is not alive.
- Never shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is inert and disintegrates in 3 hours (fabric), 4 hours (copper and wood), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake cloth that contains the virus or use a feather duster, the virus molecules float in the air for up to three hours, and can lodge in your nose.
- The virus molecules remain very stable in external cold or artificial cold (e.g., air conditioners in houses or cars).
- COVID-19 needs moisture and darkness to stay stable, Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- UV light on any object where COVID-19 resides breaks it down.
- The virus cannot go through healthy skin.
- Vinegar is not useful because it does not break down the COVID-19's protective layer of fat.
- Most spirits (e.g., Vodka) do not break down the protective layer. Vodka is usually 40% alcohol, and 65% is needed to break down the protective layer.
- The more confined the space, the more concentrated the virus. The more open or naturally ventilated, the less the virus is concentrated.
- You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc.
- Moisturize dry hands that can result from increased washing because the molecules can hide in the micro skin cracks. The thicker the moisturizer, the better.
- Keep your nails short so that the virus does not imbed itself under your nails.

We hope this information is helpful. Our hope is the you and yours remain healthy during this unprecedented time in our history.