

UNDERSTANDING COVID

On January 27th 2020, the Chinese Center for Disease Control identified a new strain of Coronavirus called Sars-2. The Sars 2 virus likely originated in bats, as most viruses find their origin in animals. However, it only became a threat to humans when it acquired the ability to infect people with incredible speed. This type of transmission is dangerous because the virus sometimes causes a deadly disease called a coronavirus named COVID -19.

A coronavirus is a large family of viruses ranging from the common cold to more severe diseases. A novel coronavirus is a new strain that has not been previously identified in humans. What makes this new coronavirus so dangerous is that there is no way to fight it. This virus is not necessarily more powerful than other viruses, but we have no pre-existing defenses since our bodies don't immediately recognize it as an intruder. This why its called a novel virus.

The last presidential administration downplayed the danger of the virus. It reprimanded CDC officials in February 2020 for suggesting that the virus might reach the United States. However, a disturbing trend occurred. Disregarded communities of Black people, Hispanic people and Native American people are three times as likely to catch COVID than whites and have faced the worst outcomes and death rates. 50% more COVID patients display no symptoms at all. While an estimated 1 to 1.2% of people have died from the virus.

In the movie Jaws, the mayor wanted to lift the restrictions at the beach on the 4th of July weekend and get all that tourist money, while the biologist pleaded with him, "but that shark's still out there!"

Brothers and Sisters, it's a bad bug out there.

Don't play with this virus. Remember, the last pandemic of 100 years ago in 1918 wiped out half the planet. Most of us are stir crazy with cabin fever, but we have to adhere to the restrictions (masks, distancing, etc.) There will be a resurgence. That is the nature of a viral outbreak.

Americans are operating and functioning on uncertain and incomplete information. There's a lot of information, a lot of lies and lots of uncertainty. The 24 hour news cycle has become a "salad" of half-truths and lies.

There will be a second wave. It'll get worse before it gets better. This will easily continue another 2 to 3 years. Some folks have it and are chillin' because they are asymptomatic (no symptoms). Some folks have it and are on respirators. We don't know why. Asymptomatic transmission is in full effect. Lifting the state lockdowns and an absence of symptoms doesn't mean it's safe to go out and hang.

Restrictions are being relaxed because it's getting warmer. **BUT DON'T GO FOR THE OKE DOKE.** In case you're thinking, "It's summertime, it must be OK." **WRONG !!!** That's not how this thing works. Those who are young and healthy can **CAREFULLY** enter society, but not without risk. **NO** crowded places, **NO** tight places.

In poor countries in South America, the dead are being either left in the street or thrown in the ocean (*check the internet & see for yourself*). Regardless of your opinion of the last president, he was a lot of things, but he is not stupid. He wanted to give power back to the states. COVID restrictions are being relaxed more in the south than in the other states. Black people are concentrated in the south. Because our people are more vulnerable to COVID, we are experiencing high rates of infection. **YOU MIGHT BE YOUNG or HEALTHY AND STRONG** with no symptoms, **BUT YOU CAN STILL SPREAD COVID** to the elderly, tender aged children and the chronically ill.

At the time I am writing this, the nationwide death toll has exceeded 600,000. Any Black people who are ignoring this, don't understand how bad this is. **IT IS NOT A HOAX !!!** When you were in school, your math teacher told you to show your work. You had to prove that you knew what you were doing. If you hear, "the virus has run its course" or "we have a 100% test procedure" or "we have a vaccine" - keep asking questions, and demand that they "show their work".
Make them prove it.

Do your research or ask many questions of people that know.

Things are not what they seem.

VACCINATION

It'll be AT LEAST 2 YEARS before an EFFECTIVE vaccine is developed. The process of trials, safety testing and mass production takes AT LEAST 2 YEARS. An emergency use authorization (EUA) is an authority granted to the Food and Drug Administration (FDA) by the Pandemic and All-Hazards Preparedness Reauthorization Act of 2013. IT DOES NOT MEAN APPROVAL of the drug or test, BUT INSTEAD AUTHORIZES the FDA to facilitate availability or use of an unapproved product during a declared state of emergency. Do you really want anything in your body that "MIGHT BE EFFECTIVE"?

This country is unmatched in its skill, abundance, technology, materialism, tricknology, the ability to synthesize and the ability to make the false appear true or real . . . REMEMBER THAT. Racists are the masters of confusion.

Normally, a viral epidemic/pandemic can end one of two ways . . .the virus will burn out (like 1918) OR you can go on about your business, do your thing and embrace the risk.

The human body is electric. You learned about the "little pieces" in grammar school – electrons, protons and neutrons. The body is a complex network of circuitry. It's how your nervous system operates. BOTTOM LINE - ALL science is heavily influenced by funding.

Always has and always will be.

Industry funds science that claims its products are safe. i.e. tobacco – How did massive use of that product turn out for many of our people? Our lives have been changed forever in all areas of human activity.

This is the new world order, up close and personal.

CONSIDER THE SOURCE

“If you tell a lie, tell a big one. A lie told once remains a lie. A lie told a 1000 times becomes the truth. Propaganda must therefore always be essentially simple and repetitious.”

Joseph Goebbels

Joseph Goebbels served as minister of propaganda for the German Third Reich under Adolf Hitler - he spread the Nazi message. For those who don't know the relationship between the U.S. government and the Nazi party, Google -Nazis and NASA (History is most attractive and BEST qualified to reward the researcher).

Epidemiology is the area of healthcare that deals with the incidence, distribution, patterns of frequency, the cause and effect, and the possible control of disease. The white man teaches us that epidemiology confirms the past.

There is a conspiratorial claim that a disease outbreak had coincided with “every election year” since 2004 (including 1918). Problem is – it either happened or it didn't. It either is or it isn't. There are those who call this a coincidence. There is no such thing as coincidence.

SARS 2004

AVIAN 2008

SWINE 2010

MERS 2012

EBOLA 2014

ZIKA 2016

EBOLA 2018

COVID 2020

History is most attractive and BEST qualified to reward the researcher

Useful DEFINITIONS and INFORMATION

- AN OUTBREAK is an unanticipated increase in the number of endemic cases. If it's not controlled quickly, an outbreak can become an epidemic.
- AN EPIDEMIC is a disease that affects a large number of people within a community.
- A PANDEMIC is an epidemic that's spread over multiple countries
- PATHOGENS: Microscopic particles that infect the body and cause illness.

THE IMMUNE SYSTEM

The [immune system](#) is a complex structure of white blood cells, antibodies, proteins and organs. Some parts of the immune system are barriers that prevent viruses and bacteria from reaching your organs. Other parts hunt and remove invaders from your body.

Normally the immune system is effective against disease-causing germs and viruses. But it needs time to familiarize itself with the invaders. It must be able to recognize an illness-causing pathogen as a danger before it can be removed from your body. This is only possible once you've developed specific antibodies after having been sick or receiving a vaccine. Most of you know this is how mother's milk works. Mothers pass their antibodies to their babies thru breast milk.

When an antibody recognizes the antigen of an invading pathogen, it binds itself to it. After attachment, it becomes a signal for other elements of the immune system to attack the invader.

GOOD NEWS & BAD NEWS

Bad News - A strong immune system will not prevent you from contracting COVID.

Good News - It is imperative to continue practicing social distancing, good hand hygiene, and cough etiquette. Normally, developing a strong immune system, when healthy will sustain your body as it familiarizes itself with the new virus when you get sick.

Boost your immune system through exercise, physical activity and Vitamin D3 (*twice a week*) Foods that boost the immune system are – RED BELL PEPPERS, CITRUS FRUIT, BROCCOLI, GARLIC, SPINACH, YOGURT, ALMONDS, SUNFLOWER SEEDS, GREEN TEA, PAPAYA

VIRUS vs BACTERIA

Viruses and bacteria are both germs but are different as giraffes and goldfish. Bacteria are living cells, viruses are not. Bacteria can reproduce independently (*like men and women can*). A virus needs a living host to exist and to reproduce itself. In a nutshell, a virus is an organism that acts like a suitcase. It carries things added to it. Viral RNA protein (*not DNA*) makes closing this particular suitcase, similar to you and the clothes inside working together to close the lid while protecting what's inside.