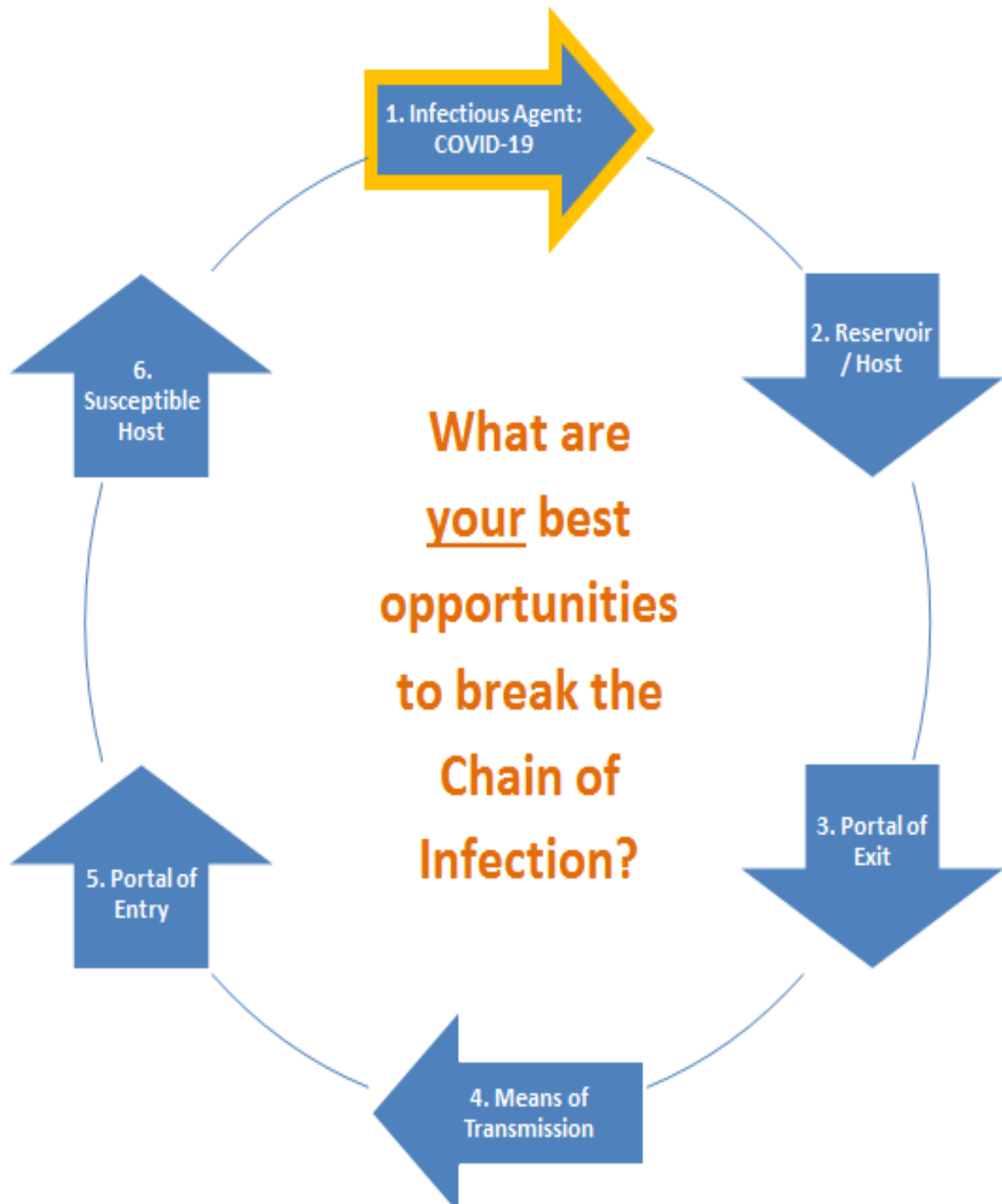


# Michigan Healthcare Freedom: Removing Barriers, Empowering People

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**D**etails of infectious diseases vary, but the principles remain the same for COVID-19 as for any historic infectious disease. These principles are called the Chain of Infection. No one needs to be a helpless victim. Knowing the break point of each link in this chain empowers people to take control of their own risk. Peace of mind comes from taking action at each link of the chain to appropriately protect themselves and their family.

Numbered sections below correspond to the numbered link of the chain on Page 1.

**1.** The Chain of Infection begins with the virus that causes COVID-19, known as SARS CoV-2 or the novel coronavirus.

**> BREAK POINT**

Exploit vulnerabilities of the virus:

- Exposure to sunlight and UV rays kills it within seconds.
- Tolerates heat and humidity poorly
- Susceptible to cleansers including soap and water

**2.** The Reservoir or Host is the person growing the virus. The virus has the advantage of stealth – most people with the disease do not notice symptoms. By the time symptoms are noticed, hosts have been capable of spreading the virus for days.

**> BREAK POINT**

The realistic goal is reducing severe disease. Tight disease monitoring is impossible with widespread virus. Individual responsibility is key, as is open communication. Monitor, self-isolate, and obtain early treatment for personal symptoms. Notify known contacts. Employers can decrease spread during high-risk periods by developing work pods and cross-training.

**3.** Portal of Exit: Mouth, nose, stool, urine.

**> BREAK POINT**

Wash hands after touching your face, blowing your nose, or using the bathroom, especially before approaching others. Assist children with sanitary needs. Avoid areas with poor sanitation, and assist with development if possible.

**4.** Means of transmission: hands, air.

Length of exposure and concentration of the virus impact level of risk for those exposed.

#### > BREAK POINT

- Hand washing
- Install UV light purification in home HVAC systems to kill airborne viruses
- Risk is highest indoors in re-circulated air, lower outdoors in fresh air, and is least in sun
- Higher “viral dose” (exposure) increases risk of severe symptoms. Less exposure means milder or unnoticed symptoms.

**5.** Portal of entry: breathing, eating, contact with mucous membranes (eyes, nose).

#### > BREAK POINT

- Wash hands before touching face or preparing food
- Protect your eyes, nose, and mouth from visible contaminants (sneeze, cough, etc)
- Bookmark your local hospital COVID-19 statistics webpage(s) to track local trends of severe cases. Hospitalization numbers point to the level of local risk. Tailor social activities/precautions accordingly.
- Social distancing and properly-used masks can mitigate spread in high-dose areas.

**6.** Susceptible Host: Risk-prevention focuses on robust immune response. Individuals can reduce their risk of severe COVID-19 symptoms needing hospitalization. Over 90 percent of Americans affected so far have noticed mild symptoms or none at all. More than 99 percent recover.

#### > BREAK POINT

Nurture your immune system and reduce susceptibility with good health maintenance. Consider supplements proven to fight viruses and those suggested by experienced physicians.

- Regular sleep and exercise
- Healthy diet
- Promote spiritual health and a positive attitude
- Enjoyable social activities
- Zinc
- Vitamins C, D, and B Complex
- Magnesium
- Quercetin (also known as Riboflavin, a B vitamin) especially for the elderly
- Selenium

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