

SHUT THE *** UP TOOLKIT

The Westlake 9/12 Project July 18, 2020

INTRODUCTION

- One of our most important jobs is to keep ourselves and our loved ones safe. To do so requires us to understand risks and how to prevent those risks or how to mitigate those risks if they can't be prevented.
- Being uninformed prevents us from being aware of dangers and increases our risks.
- Being misinformed prevents us from making effective decisions and increases our risks.
- Being well-informed increases our understanding, informs our decision-making and enables us to act in the most effective manner.
- When dealing with the numerous sources of information that we are bombarded with, and with the opinions of others who may be uninformed, misinformed, or disinformed, it is necessary for us to block the bad information so that we are not swayed into losing control over our responsibility to protect ourselves and our loved ones.
- Therefore, the information contained herein is intended to provide you with the knowledge to make effective decisions, and to tell everybody else to "Shut The *** Up"
- *"I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves."* Matthew 10:16 (NIV)



If these last few weeks have taught us anything, it's that stupidity travels faster than any virus on the planet.



WHAT IS COVID-19?

- It has several names. Scientific names are Corona virus, Novel Corona virus, COVID-19. SARS CoV-2. Non-scientific names are the CCP virus, the Wuhan virus, the Kung Flu, etc.
- COVID-19 is a virus. A virus is a bundle of RNA that is encapsulated in a lipid (fats) enclosure. A virus cannot exist as a stand-alone organism for very long. The job of a virus is to infect the cells of a host and use the host cell to reproduce itself in large numbers, destroying the host cell and releasing the new virus replicants.
- The COVID-19 virus average particle size is 0.125 microns (μ); the range is 0.06 μ to 0.14 μ . A micron is 1/1,000 of one millimeter. Remember this size, it will become important later on.
- **A virus is not a disease.** A virus (can) cause a reaction in the host defense mechanisms that becomes a collection of symptoms. Those symptoms are the disease. When you have a cold, your nose runs, you cough, and you sneeze. These are the symptoms resulting from the presence of a cold virus (in your respiratory tract), and are the body's mechanism for getting rid of the virus. When you have the flu, you may get a fever, nausea, and diarrhea. These are the symptoms resulting from the presence of a flu virus (in your digestive tract), and are the body's mechanism for slowing the reproduction of the virus (fever) and getting rid of the virus.
- It is possible to have a virus but not have a disease, because the body's natural immune system either does not react to the virus, or is able to either prevent excessive replication of the virus or destroy the virus and its replicants.
- Antibodies are proteins or cellular components that the body uses to fight invading microorganisms. Your body produces these antibodies specifically for the invading organism. The presence of the COVID-19 antibodies in your blood, even when you don't have the symptoms of an infection, means that the virus has entered your body, and you have either killed the virus or are actively fighting it. Having COVID-19

antibodies does not mean that you have the disease. You only have the disease when you have the symptoms.

HOW IS IT TRANSMITTED?

- Direct airborne transmission. Respiratory droplet transmission can occur when a person is in close contact (within 3 feet) with an infected person who is talking, coughing, or sneezing.
 - Respiratory droplets are $>5-10\mu$ in diameter whereas droplets $<5\mu$ in diameter are referred to as droplet nuclei or aerosols.
 - Respiratory droplets that include virus can reach the mouth, nose or eyes of a susceptible person and can result in infection.
 - In theory, anyone who carries an actively replicating virus load can emit the virus, even though they may not show symptoms (asymptomatic). This message has been stated and reversed several times.
- Indirect airborne transmission. Respiratory aerosols can remain suspended in the air for extended periods of time. If a respiratory droplet carrying a virus remains suspended in air currents and begins to evaporate, it shrinks to the size of a droplet nucleus or aerosol. If too much evaporation occurs, the virus dehydrates and dies. There is little data that has been reported on this effect.
- Indirect contact transmission involving contact of a susceptible person with a contaminated object or surface (fomite transmission) may also be possible, but has been now stated as being unlikely.

WHAT HAPPENS WHEN YOU GET THE VIRUS?

- The virus enters the body through the respiratory system. When it enters the lungs, it attaches itself to receptors on the cells of the lung tissue.
- The virus then penetrates the lung cell and hijacks the DNA of the cell nucleus, forcing it to reproduce new virus particles. When this happens, the lung cell no longer performs its proper functions.
- When enough virus particles have been produced the lung cell is destroyed (lysis), releasing the new virus particles.
- The new virus particles are released into the lungs and exhaled on droplets of moisture.
- If the body does not like this, it reacts by trying to kill off the virus by sending special proteins and defensive cells to try to destroy the virus. The level of reaction of the body determines the degree of symptoms of the infection. In some people, the reaction is in perfect proportion to the attack, and the person is not aware of any symptoms. If the reaction is slightly overboard, the person experiences symptoms of illness. If the reaction is completely out of control, the person can die.
- The objective of addressing the virus is to manage the body's reaction to the virus...permit manageable levels of reaction. If the body is showing manageable symptoms, alleviate the symptoms or just allow them to do their job. If the body over-reacts, suppress the over-reaction and allow the body to continue to fight at a more appropriate level. If the body is already in shut-down mode, provide life-saving interventions and suppress the symptoms to a more manageable level.

RISKS ASSOCIATED WITH COVID-19

Physiological risks

- If the virus enters the body, and the body is not able to destroy it by the natural antibodies, the virus may be able to replicate. If the virus replicates and causes a reaction in the body, then the body produces responses that are the infection. A pimple is an infection; it is the accumulated white blood cells that are surrounding an invading bacterium. If the body produces the antibody reaction, but is unable to win the battle then the infection can become severe, systemic, or fatal.
- In many of the sickest patients with COVID-19, their blood is teeming with high levels of immune system proteins called cytokines. A "cytokine storm" is a severe immune reaction in which the body releases too many cytokines into the blood too quickly. Cytokines play an important role in normal

immune responses, but having a large amount of them released in the body all at once can be harmful. A cytokine storm can occur as a result of an infection, autoimmune condition, or other disease. Signs and symptoms include high fever, inflammation, and severe fatigue and nausea.

Sociological risks

Fear

- Fear can be directly induced by threats of harm, or indirectly induced through uncertainty. Unclear or conflicting declarations from sources that are considered authoritative can create uncertainty.
- Fear causes people to seek resolution. Authoritative resources can be looked upon as providing solutions to the perceived problem, especially if the problem is poorly understood. Authoritative resources can use this to gain power, control individuals, or to create social division and consequently greater power.
- Mitigation of fear can be accomplished by firm leadership, clear and consistent messaging, and decisive actions. All of these options have been exercised by our top leadership, but the message has been suppressed, subverted, and falsified at every turn in an attempt to retain a level of public fear that enables control.

Hysteria

- A side reaction to uncertainty and fear is a willingness to believe information that might otherwise be challenged. This is called confirmation bias...we want to hear more about what supports our current beliefs. The more alarmed we become, the more we seek confirmation of that state of alarm... "See??? I told you it was bad!!!" We drop our "crap detectors" and our critical thinking skills in favor of the adrenalin surge of panic.
- People can actually seek bad news as reinforcement for their fear, even though that news might be found to be false upon closer examination.
- Dr. Kevin Pham: "I think we're dealing with, I don't want to call it a psychosis, but we are dealing with a sort of a generalized fears, generalized anxiety that's spreading through the country, and that's not helpful either."

Shut down of our economic and social systems

- The cost of the damage to our economy far surpasses the cost to society of illnesses related to the virus. The application of restrictive measures has resulted in the expansion of social control and the sacrifice of freedoms.
- The shutdown has not prevented the spread of the virus, it has only delayed its spread.
- Emergency actions put in place to "flatten the curve" were proven to be unnecessary, as the emergency actions put in place by the Federal Government were not used in almost all cases.

Potential future risks

- Contact tracing has been recommended to track who gets the virus and with whom they have been in contact. This is an invasion of privacy on many levels, and should be forcefully resisted.
- Mandatory vaccinations will likely be proposed, once a vaccine has been developed and approved. Like the influenza vaccinations, they will probably prove to be ineffective because of the ability of a virus to mutate into different forms that are not susceptible to the vaccine. This too would be a violation of individual freedoms.
- Resurgence of shut-down or masking actions. We are already seeing this take place.

Questions

- What is the government willing to sacrifice to further their agenda?
- Is the government willing to sacrifice your first amendment rights to the free expression of religion to further their agenda?
- Is the government willing to sacrifice your life to further their agenda?

- On April 3, Stephanie Gilmore, a 34-year-old nurse working at the Diamond Hill nursing home in Troy, New York, was summoned to a supervisor's office. The home's administrator and nursing director were there to relay some distressing news. If a hospital determined a patient who needed nursing home care was medically stable, the home had to accept them, even if they had been treated for COVID-19. Moreover, the nursing home could not test any such prospective residents — those treated for COVID-19 or those hospitalized for other reasons — to see if they were newly infected or perhaps still contagious despite their treatment. It was all laid out in a formal order, effective March 25. New York was the only state in the nation that barred testing of those being placed or returning to nursing homes.

LIES, DAMN LIES, AND STATISTICS

- When reading, watching, or listening to information, bias your listening toward what you believe to be true. When you do this, you will find the lies, discrepancies, and/or errors in the information.
- Sources that are sincerely trying to inform with the truth will promptly and prominently correct any errors for the sake of truth. Sources that are trying to create their own narrative will gloss over errors that have been identified, usually by providing different data.
- Both raw data and statistical data can be distorted to support a position. Best bet is to distrust any data until it has been verified and clarified (not just repeated) by at least one other source.

Examples

- Mike DeWine said that the virus will get worse in the winter when we are all stuck inside. How does this correlate with the shutdowns and quarantining that were supposed to make things better?
- Professor Yitzhak Ben Israel of Tel Aviv University, who also serves on the research and development advisory board for Teva Pharmaceutical Industries, plotted the rates of new coronavirus infections of the U.S., U.K., Sweden, Italy, Israel, Switzerland, France, Germany, and Spain. The numbers told a shocking story: irrespective of whether the country quarantined like Israel, or went about business as usual like Sweden, coronavirus peaked and subsided in the exact same way. *In the exact, same, way.* His graphs show that all countries experienced seemingly identical coronavirus infection patterns, with the number of infected peaking in the sixth week and rapidly subsiding by the eighth week.
- President Trump urged a strong coronavirus response after consulting with Dr. Fauci and his team, who relied on a British model predicting 2.2 million deaths in the United States and 500,000 deaths in the U.K. But that model was developed by Professor Neil Ferguson, who had a history of wildly overestimating death rates through his prediction models. Professor Ferguson was not known for his reliability, and his 2001 disease model was criticized as “not fit for purpose” after it predicted that up to 150,000 people could die in the U.K. from mad cow disease (177 deaths to date). Ferguson's U.K. coronavirus deaths prediction is now down to 20,000 people, 4% of the original prediction.
- After FOX 35 News (Florida) noticed errors in the state's report on positivity rates, the Florida Department of Health said that some laboratories have not been reporting negative test result data to the state. The report showed that Orlando Health had a 98 percent positivity rate. However, when FOX 35 News contacted the hospital, they confirmed errors in the report. Orlando Health's positivity rate is only 9.4 percent, not 98 percent as in the report. The report also showed that the Orlando Veteran's Medical Center had a positivity rate of 76 percent. A spokesperson for the VA told FOX 35 News on Tuesday that this does not reflect their numbers and that the positivity rate for the center is actually 6 percent.
- "Virus Deaths Climb as Cases Hit New High" was the original title of a recent front-page Wall Street Journal feature, later changed online to "Deaths Begin Trending Higher." Either title portends important news, but the only evidence is gibberish: "The average daily death toll in the U.S. rose to 599 in the seven days through July 8, up from 510 deaths a day as of July 4, according to a Wall Street Journal analysis of data from Johns Hopkins University." July 4 is obviously one of the "seven days through July 8" so the alleged "rise" makes no sense. A correct apples-to-apples comparison would have said, "The average daily death toll in the U.S. fell to 599 in the seven days through July 8,

down from 786 in the seven days through July 1." Those averages (599 and 786) are from the Wall Street Journal's own graph of "Daily reported Covid-19 deaths." But revealing the actual 35% drop in deaths over back-to-back seven-day periods would require rewriting the headline. In a remarkable understatement, the article admits "deaths haven't surged in the same way the infections have." In fact, nationwide deaths have fallen according to all of their own figures. "The New York Times had a piece out saying that coronavirus has infiltrated Sunday services, church meetings, and youth camps, more than 650 cases have been linked to reopened religious facilities. Do you think that this is a fair representation of what's happening?" Dr. Kevin Pham: "No, because 650 cases would be a lot if it's in one small city, but ...this was 650 over the entire country. And that's a very small number ...650 is essentially statistically zero with regards to the number of cases in the country right now."

CAN YOU AVOID GETTING THE VIRUS?

- Fact: the virus will not be eliminated. It is unlikely that you will be able to avoid any exposure to the virus, unless you remain isolated from all external contact.
- Your best hope is to eat well, take your vitamins, and make sure that your doctor is willing to treat you appropriately if you should contract the virus and develop a reaction.

WHAT ACTIONS HAVE BEEN TAKEN OR PROPOSED TO PREVENT SPREAD OF THE VIRUS?

Social distancing

- Six feet of space between you and everyone else will help prevent the direct transmission of the virus by respiratory droplets. Facial coverings may reduce the spread of respiratory droplets in certain circumstances.
- The virus may or may not remain active on certain hard surfaces. Using sanitizing solutions or wipes may help to kill the virus after contact with a contaminated surface.
- The virus may or may not be spread by general airborne transmission of respiratory aerosols. Nothing can be done about this.

Washing your hands

- Soap breaks down the lipid barrier that surrounds the viral RNA, and the virus essentially falls apart.

Sanitizing

- Using a hand sanitizer with at least 60 % alcohol will help prevent the transfer of viral particles from your hands to your face.

Quarantining

- "A leading epidemiologist says 'thousands of people' will be quarantined in isolation facilities for months — and possibly years — into the future," reported NewsHub, a New Zealand news site.
- "Don't think developed nations with a tradition of respecting individual rights will trash them for #Covid? I have two words for you: New Zealand. Where indefinite confinement is already real, and PEOPLE IN ISOLATION ARE DESPERATELY TRYING TO BREAK FREE. Welcome to the occupation." — Alex Berenson (@AlexBerenson) July 11, 2020
- A recent spike of cases of COVID-19 in the United States has caused some people to say that it is much worse than we thought it was and that the United States handled the virus badly. The reality is that the early actions to isolate people only delayed the spread of the virus below a normal threshold. The protests and more public activity have allowed the spread of the virus to progress in its normal pattern. As long as efforts to suppress the spread of the virus continue, there will be recurring outbreaks when people begin to socialize again.

Face coverings

See face mask document

- On June 5, the World Health Organization revised its guidelines about when people should wear cloth masks. This is a pattern that repeats itself with many "expert resources". The rules keep

changing because they want to look like they are taking action. Today's truth is only good for today.

- A recent journal article in the New England Journal of Medicine acknowledges: "The chance of catching Covid-19 from a passing interaction in a public space is... minimal. In many cases, the desire for widespread masking is a reflexive reaction to anxiety over the pandemic."
- Michelle Malkin says, "The evidence does not support broad mask mandates. ... It's all about politics, power, and control. 'Selfish bastards' who promote superstitious costumery as science threaten us all."

Shut down the economy and the country

Question: Is the government willing to sacrifice the economy to further their agenda?

Development of a vaccine

- This is a long-term process, and will probably not be very useful because the pandemic will have peaked and subsided before the vaccine has been developed and approved.

WHAT ACTIONS HAVE BEEN TAKEN TO MITIGATE INFECTIONS OR TREAT PATIENTS?

Isolation and/or quarantine

Question: Is the government willing to sacrifice your freedoms to further their agenda?

Medications

Hydroxychloroquine

- In this multi-hospital assessment (Henry Ford) , when controlling for COVID-19 risk factors, treatment with hydroxychloroquine alone and in combination with azithromycin was associated with reduction in COVID-19 associated mortality. Hydroxychloroquine provided a 66% hazard ratio reduction, and hydroxychloroquine + azithromycin 71% compared to neither treatment ($p < 0.001$).

Anti-inflammatories and steroids

- When this first started spreading out of China, the initial report said, "Avoid anti-inflammatory treatments and ventilate patients aggressively and early." And what we found out is that is exactly the wrong thing to do. When you get what's called the cytokine storm, the body starts dumping all of these signals into the body that causes an enormous inflammatory response. And that's what's doing the damage. So it's not the direct action of the virus that we're dealing with; it's the body's overall response to the virus that seems to be doing all this damage. And if you avoid anti-inflammatory treatment for inflammatory process, then you're not going to be treating what's actually doing the damage. What steroids do is, it just blankets the inflammation, and then tones it down quite a bit. And so that's been having a huge impact on mortality, and I think that knowledge has spread throughout the medical community and that's really changed the way we treat this thing. Ryan Padgett, MD, an emergency room doctor in Washington State, began having symptoms of COVID-19 in early March. He spent nearly 2 weeks on a ventilator and an ECMO machine, and recovered after receiving IV infusions of the rheumatoid arthritis drug Actemra, which blocks the cytokine IL-6 receptor, one of several that soar in the COVID-19 cytokine storm.

The tragedy...

- Readily available and current medical interventions that have been shown to be effective are being suppressed for political reasons, even though they could save lives.

Question: Is the government willing to sacrifice your life to further their agenda?

MOVING FORWARD

- Become informed from resources that are intended to support you, not frighten you.
- So the one thing I think we can learn from the Europeans with regards to COVID-19 is to sort of take this, not in stride, but to take it with a holistic picture of, the grander picture of what's going to happen, that at some point, we're going to need to live with this thing.

Herd immunity

- Could the increase of cases possibly be helpful for herd immunity long term? Dr. Kevin Pham: "It might be helpful. If we assume that a vaccine will never come, then this surge of new cases is going to accelerate the herd immunity, but we should not want people to get this disease."

Stay strong, America!

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