

# A Summary of Suggestions for Preventing and Treating COVID-19, plus Related Commentary

I'm **not** a medical professional, but rather a physicist who has extensive scientific training (e.g. in being skeptical). Additionally I've always had an interest in health issues. It's imperative that you should discuss any medical actions you are considering, with a competent physician. That said, just as physicists don't know everything about physics, medical practitioners don't know everything about human health. You are the final decision maker – so use critical thinking.

Here are a collection of studies, reports and articles on the COVID-19 matter. If you find any that are better, please email me.

[Note 1: for material added since the 4-6-20 *Newsletter\**.]

[Note 2: my five documents are preceded by a red arrow: “ ->”.]

## COVID-19 Health Recommendations –

[Live graphic showing all Coronavirus cases, worldwide](#)

[CDC COVID-19 Disease Webpage](#)

-> [COVID-19: My Prevention & Treatment Suggestions](#) (one page)

-> [My recommendations for dealing with COVID-19](#) (three pages)

[Your Immune System is Important](#)

[Former CDC Chief: COVID-19 infection risk may be reduced by Vitamin D](#)

[A good general COVID-19 overview, answering common questions](#)

[Dr. Oz's COVID-19 Survival Guide](#)

[WHO's COVID-19 advice for the public: Myth Busters](#)

[Study: Early symptom of coronavirus might be digestive issues](#)

[Fast, portable tests come online to curb coronavirus pandemic](#)

[What Is 'Prudent Prudence' in Response to the Coronavirus?](#)

[Do we suffer 'behavioral fatigue' for pandemic prevention measures?](#)

[The Dangers of Isopropyl Alcohol](#)

## COVID-19 and Politics –

[A viral takedown of Donald Trump?](#)

[How Donald Trump Has Turned the Pandemic to His Advantage](#)

-> [COVID-19 Exposes Major Societal Failings](#)

[Does the Coronavirus Pandemic Serve a Global Agenda?](#)

[Emergency is the Backdoor for Tyranny](#)

['Ecofascists': Coronavirus the 'cure,' humans 'the disease'](#)

[Will coronavirus launch the second wave of socialism?](#)

[As Trump's Poll Numbers Rise, Media Begin Censoring Press Conferences](#)

[We've been had, and Trump knows it](#)

[Trump keeps his head when the rest lose theirs](#)

[COVID-19 will be used to justify US universal health care](#)

\*[The CCP Fires a Warning Shot at Deep State COVID-19 Accomplices](#)

\*[Trump Pulls WHO Funding, Says Organization 'Must Be Held Accountable'](#)

\*[Did America's 'Epidemic Intelligence Service' Fail to Block COVID-19?](#)

\*[The Farce and Diabolical Agenda of A "Universal Lockdown"](#)

\*[The Wuhan Virus Pandemic has Exposed the American Ruling Class](#)

## COVID-19 Possible Preventions/Cures –

[6 Drugs being tested for treatment of COVID-19](#)

[The drugs and treatments that could stop COVID-19](#)

[Efficacy of HCQ for COVID-19: results of a randomized clinical trial; video](#)

[Countries with Malaria have Virtually no COVID-19 Cases Reported](#)

[An effective treatment for COVID-19 has been found](#)

[Peer-Reviewed Study: Treatment Cured 100% of COVID-19 Patients](#)

[There's drug combo to shorten coronavirus, French researchers say](#)

[French lab offers 'millions of doses' of COVID-19 drug](#)

[China: Arthritis drug 'helped cure' 95% critically ill COVID-19 patients](#)

[Australian researchers find COVID-19 'cure', want drug trials](#)

[WHO launches global trial of the four most promising COVID-19 treatments](#)

[Can a century-old TB vaccine steel the immune system against COVID-19?](#)

[Russia's Ministry of Health names 3 drugs that can treat COVID-19](#)

[Study: High Temperature and Humidity Reduce COVID-19 Transmission](#)

[Technology and Cooperation Help Fight the Pandemic](#)

[Immunologist says he has a possible cure for the coronavirus](#)

\*[Dr. Shiva: The Immune System - Your Body's Operating System](#)

\*[Common Anti-Parasite Drug May Kill SARS-COV-2 in under 48 Hours](#)

\*[Report: Gilead drug produced 'rapid' recovery in coronavirus patients](#)

\*[New Rutgers Saliva Test for Coronavirus Gets FDA Approval](#)

## COVID-19 and Panic –

[US COVID-19 projected cases & deaths \(from a respected source\)](#)

[Inaccurate Models Are Panicking Officials into Ill-Advised Lockdowns](#)

[UK modeling hugely overestimated expected deaths and more](#)

[Why data on COVID-19 is poor: here and here](#)

[Public policy panic about the COVID-19 pandemic not supported by the facts](#)

[Visualizing the History of Pandemics and Compared to what?](#)

[Coronavirus vs. Other Pandemics: What's the Difference?](#)

[Just Facts.com: Crucial Facts About Covid-19](#)

[12 Experts Questioning the Coronavirus Panic and A 13th Expert](#)

[COVID-19 - Evidence Over Hysteria](#)

[Is Our Fight Against Coronavirus Worse Than the Disease?](#)

[Four Lessons from a Century of Pandemics](#)

[What history teaches us about the coronavirus pandemic](#)

[Panic and the Coronavirus: Is There is Better Approach?u](#)

[Good Video: Coronavirus: Panic or Pandemic?](#)

[Coronavirus in Perspective, Part I and Part II and Part III](#)

[Why Outbreaks like COVID-19 Spread Exponentially...](#)

[The Math Of Epidemics](#)

[Fear, Fate & Freedom: Inviting us to bow down before the god of fortune](#)

[Apocalyptic Battle of the Viruses: H1N1 vs COVID-19](#)

[Apocalypse No: Assessing the challenge posed by the COVID-19 pandemic](#)

\*[Pandemic Science, Media Panic, and Political Response](#)

\*[The Facts That Prove That Almost Everyone Is Wrong About COVID-19](#)

## COVID-19 and our Health Care System –

[About the 2019 "Event 201" Pandemic Prevention Exercise](#)

[Will “Deaths of Despair” Outpace Deaths From Coronavirus?](#)

[What Scientists Don't Know Could Be Key To Managing This Pandemic](#)

[Peer Reviewed Study: Coronavirus Disease 2019 \(COVID-19\)](#)

[Dr Curry: Coronavirus uncertainty](#)

[Coronavirus reveals social crisis with health care one](#)

[COVID-19: 'Precautionary Principle' Has Ruined Our Ability to Manage Risk](#)

[Thank You, Brave and Generous Health Warriors](#)

## COVID-19 How To's –

How to: [Distinguish COVID-19 symptoms from the Flu or a Cold](#) (*graphic*)

→ How to: [Minimize Getting COVID-19 in Your Daily Routine](#)

How to: [Get Effective Disinfectant Products for COVID-19](#)

How to: [Successfully self-quarantine](#) *and* [Start Working From Home](#)

How to: [Safely Shop for Groceries and Get Takeout Food](#)

How to: [Prevent Loneliness in Times of Social Distancing](#)

## COVID-19 and China –

→ [COVID-19: Connecting the Dots...](#)

[Scientific Advisers Claim China's Outbreak Could Be 15 to 40 Times Worse](#)

[Short video: The Truth No One is Talking About](#)

[An extensive list of China's actions re COVID-19](#) *and here and here*

[Who was Li Wenliang, the Chinese doctor who warned about COVID-19?](#)

[The Chinese Knew What They Were Doing in Spreading the Wuhan Virus](#)

[Chinese Biological Experiments To Infect Humans With Coronavirus Exposed](#)

[Inside China's high-stakes campaign to smear the US over Coronavirus](#)

[China reframes coronavirus narrative](#)

[It's time to practice social and economic distancing from China](#)

Report: [Viral Alarm: When Fury Overcomes Fear](#) (*a translation*)

Report: [An Urgent Call Regarding the Epidemic](#) (*a translation*)

Report: [Holding Beijing Accountable For The Coronavirus Is Not Racist](#)

[China hints at denying Americans life-saving coronavirus drugs](#)

[Six things we still don't know about the coronavirus pandemic](#)

[Beijing News Says China Is 'Faking Coronavirus Recovery'](#)

[China's relationship with WHO chief is under the microscope](#)

[The WHO is acting as an advocate for the CCP, not the world](#)

[Iran and Italy are Paying a Hefty Price for Close Ties w Communist China](#)

[How China can be held legally accountable for coronavirus pandemic](#)

[Class-action suit seeks to bill China for coronavirus fallout](#)

[Chinese Lawyers Sue America on Conspiracy Theory Virus Came from U.S.](#)

\*[China charges Italy for the same COVID-19 supplies it donated to Beijing](#)

\*[China's Ongoing Atrocious Conduct In Virus Propaganda](#)

\*[Documentary: The Origin of COVID-19 Virus](#)

\*[Viral Beijing Disinformation Infects WHO Leadership](#)

\*[U.S. government gave \\$3.7million grant to Wuhan virus lab](#)

## COVID-19 and Energy/Global Warming GOOD News –

[Social Changes with COVID-19 are a prelude to life with less fossil fuels](#)  
[Climate crisis on back-burner as pandemic threat looms](#)  
[Coronavirus Creates Angst For Clean Energy Developers](#)  
[COVID-19 is not a climate event](#)

## COVID-19 and Energy/Global Warming BAD News –

Short video: [The Green New Deal Has Arrived](#)  
[Democrats eye climate policy in economic relief bill](#)  
[How Coronavirus Makes The Case For Renewable Energy](#)  
[COVID-19 Conflict: Putin to Start a War on America's Shale Oil Industry](#)  
[Green Fanatics Celebrating Coronavirus Epidemic](#)  
[Climate Activists Rebranded as Coronavirus Activists](#)  
[Climate Alarmists See a Silver Lining in COVID-19, and It's Not for Us](#)

## COVID-19 and our Education System –

[COVID-19 Can Kill Colleges as Well as People](#)  
[COVID-19: Is It Academic Armageddon?](#)  
[COVID-19 Presents New Challenges and Opportunities to Higher Ed](#)

## COVID-19: Going Forward –

[COVID-19 Lessons: 10 Things We've Already Learned](#)  
[The Coronavirus Will Save America](#)  
Report: [How Will the Constitution Fare During a Nationwide Lockdown?](#)  
[US constitutional lawyer sees govt using COVID-19 to take away our rights](#)  
[We are about to find out how robust our civilization is](#)  
[The Effect of Coronavirus on the Global Economy](#)  
[Turbocharged Impacts of Coronavirus Viral, Permanent](#)  
[COVID-19 Response Reflects Trump's Plan To Radically Reform Health Care](#)  
[The Coronavirus Is a Disaster for Feminism](#)  
[Coronavirus is the finger of God](#)  
[The COVID-19 End Game](#)  
[\\*Why a Pandemic Is Not a Recession](#)

## COVID-19 Misc –

\*Short video: [The Bayesian Trap](#)  
[COVID-19 triggers massive spike in firearms and ammunition sales](#)  
[The Internet is drowning in COVID-19 malware and phishing scams](#)  
[NYT Ignores The Evidence To Slander Christians As Coronavirus Deniers](#)  
[A guide to healthy skepticism of artificial intelligence and coronavirus](#)  
[\\*The Naval War College Ran a Pandemic War Game in 2019](#)

Be Safe. Be Sensible. One of my key life mottos that you may find helpful:  
*Work as if everything depended on you. Pray as if everything depended on God.*

**Please widely distribute this document!**

john droz, jr.    "aaprijohn" at "northnet" dot "org"    5-1-20