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
Will “Deaths of Despair” Outpace Deaths From Coronavirus?
'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

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COVID-19 Possible Preventions/Cures —
6 Drugs being tested for treatment of COVID-19
Research on 3 types of antivirals + 10 different vaccines is being fast-tracked
Tuberculosis vaccine could help protect health workers from 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
Use your home computer to help scientists find a COVID-19 cure
Immunologist says he has a possible cure for the coronavirus
*Common Anti-Parasite Drug May Kill SARS-COV-2 in under 48 Hours

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?
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 Better Approach?
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
Coronavirus vs. Other Pandemics: What’s the Difference?
Apocalypse No: Assessing the challenge posed by the COVID-19 pandemic
COVID-19 and our Health Care System —
Bill Gates (2015 video): We can get ready for the next Epidemic
About the 2019 "Event 201" Pandemic Prevention Exercise
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

COVID-19 Misc —
Wuhan soccer team leaving Spain (going back to Wuhan) to escape virus
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!

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