

(025) Further important recommendations on behaviour in view of the still rapidly increasing first corona wave

(025) Weitere wichtige Empfehlungen zu Verhaltensweisen in Anbetracht der immer noch rasant ansteigenden ersten Corona-Welle

Extract from the 747th contact report of 26 July 2020

Auszug aus dem 747. Kontaktbericht vom 26. Juli 2020

German original:

https://www.figu.org/ch/files/downloads/coronavirus/025_weitere_wichtige_empfehlungen_zu_verhaltensweisen_de.pdf

Official Announcement from FIGU Switzerland

<https://www.figu.org/ch/index/downloads/coronavirus>

Note: This is an unofficial translation and may Contain Errors

German Text Included in links above

Further important recommendations on behaviour in view of the still rapidly increasing first corona wave

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Billy ... Then the following question, which refers to the coronavirus, because I was asked whether it would be advisable to do aquafit exercises in a corresponding non-private studio at the time of the corona epidemic. I said that I had to discuss this with you, because I could not advise you to do it myself.

Ptaah Aquafit exercises in a non-private studio, i.e. in a public or even only partly public studio or swimming pool etc., is not advisable at the moment, because as our research and findings show, the coronavirus is able to survive in such facilities and thereby transmit to humans or infect them. It is also important, depending on which chemical additives are added to the basins etc., because these determine the duration of existence and the effectiveness of the viruses. Flowing or stagnant waters in nature can also be carriers of the virus, because the virus can survive in all waters for a certain time. However, the virus is hardly detectable in water, but our research proves its existence in water as well as in the air, through which the virus spreads under certain conditions, as well as indoors and outdoors through the winds, which, depending on wind direction and wind force, can transmit the virus to people at certain distances through aerosols and infect them. Now the issue of corona disease has been raised again, although we did not actually want to talk about it any more. But now that we are here, I have some important things to explain another time, which you should make public and spread through your FIGU-website:

1. As I stated earlier and several months ago on several occasions that the easing of the otherwise only halfway effective lockdown will result in many millions of corona virus-infected people worldwide, as well as hundreds of thousands of coronavirus deaths, this has now become sad reality.
2. The blame for the newly emerged and now worldwide spreading corona pandemic, as well as the millions of infections and hundreds of thousands of corona deaths caused by it, is borne by the incompetent state officials and the populations themselves.
 - a) Firstly, the irresponsible governments or, as you always call them, those who are incapable of governance are to be blamed for the fact that they are absolutely incapable of exercising their office of governance and of deciding, ordering and carrying out effective measures to protect the people and prevent them from taking place.
In an irresponsible, incompetent manner, they also induce the majority of the population to resume their old way of life to a certain extent, with minimal or no security measures. They do this by breaking the lockdown, and by encouraging people to go out into the streets again, to hold demonstrations and pursue their imaginings in so-called houses of prayer and worship, etc., as well as to visit leisure centres, cinemas, public gardens, training and study centres, wellness centres, department stores, libraries, inns, brothels, sports facilities and meeting places. The use of fitness centres, beaches, nightclubs,

discotheques and concert halls, as well as all kinds of amusement parks and open markets and theatres etc., has also been partially reinstated, although all of the above, along with various others, fall within the same framework of establishments etc., which are dangerous hotspots for coronavirus infections and are encouraging the spread of the corona pandemic.

Irresponsibly, they continue to allow companies, firms and corporations etc., to continue or to allow their employees to carry out mass work in a manner that promotes infection by means of round-ups, instead of carrying out all the correct and infection-preventing classifications and measures in order to order and implement all necessary and unavoidable health protection and all safety and prevention measures.

They also allow populations in small and large groups to celebrate festivals, as well as travel and holidays in other countries, thus continuing to spread the corona epidemic around the world and bringing it back to countries and new outbreaks where the disease has already been somewhat contained or even prevented.

In principle, various other inconsistencies, mistakes and dangers could be listed in this regard, which contradict any logic and, as a result of the inability of the powerful to lead, bring disadvantages, damage, need, misery, disease, strife, violence, destruction, war and terror to the populations of all countries.

- b) Secondly, with regard to the spread, the millions of infections and the hundreds of thousands of deaths caused by the coronavirus, the culprits in all countries are also the populations themselves, who, like those who are incapable of governance, are acting in a completely wrong way.

In a completely false and irresponsible way, they consider the corona disease to be harmless and equate it to a temporary flu due to misinformation from alleged but incompetent <professionals>. This, as various doctors, virologists, immunologists and conspiracy theorists, as well as certain state powers, etc., deny the whole of the circumstances of the epidemic and trivialize or vehemently deny it themselves. In this respect, the US President Trump is at the forefront, whose work of lies we have been recording since the beginning of his term of office and who, up until yesterday at 5.30 p.m., registered a mass of 8432 lies.

From the very beginning of the Corona epidemic, the populations of all countries have hardly, extremely reluctantly or not at all adhered to the reasonably good and correct health precautions and precautionary and safety measures prescribed by the state and the authorities. When all those incompetent, arrogant, irresponsible and self-important government officials, who, as a result of their completely wrong assessment of the whole situation of the Corona epidemic and the harassment that has arisen from the various economic sectors, were tempted to relax the lockdown, which was otherwise already far too loose, the incomprehension, indifference and irresponsibility of the majority of the population overflowed, and the pandemic now raged devastatingly everywhere.

The lockdown was correct and justified, but the ignorance and unreasonableness of the majority of the population - as well as the majority of the fallible powers of the state, which led to a hasty relaxation of the lockdown - has now drastically increased the number of infections and deaths across the globe. And this has undoubtedly been the case since the irresponsible state and government lockdown was relaxed, which has been exploited and lived out in an equally blatant irresponsible manner by the ignorance, irrationality, indifference and disregard for all precautionary measures on the part of the populations.

The fact that the majority of the population is living irresponsibly in complete ignorance, unreasonableness and thoughtlessness and thus in stupidity in the face of the Corona epidemic, and is criminally disregarding everything that protects their health, will still bring a great deal of disaster, suffering, misery and grief to humanity on earth. This both in terms of travel and holidays, group celebrations, group events, demonstrations and in terms of other ignorance, through which worldwide further and uncontrollable tens of thousands of corona infections will be caused and further large numbers of corona deaths will be lamented.

It is a fact that for some time now - and this is due to the loosening and even extensive lifting of the lockdown by the state and official authorities and the state powers and authorities that have made themselves culpable - the further blame for the epidemic that has continued to rise and spread since the end of the lockdown lies with the majority of the population.

What is now happening worldwide in terrestrial humanity as a result of the rampant corona epidemic is now the fault of the majority of the ignorant, uneducated, mindless and irrational populations, which are led by ignorant, irresponsible state powers and are led into great misery, misery, epidemic infections and into an epidemic death.

3. According to our latest forecasts, the number of millions of corona infections will exceed the 20 million mark for quite some time, just as the number of corona deaths will exceed the million mark.
4. The state powers and authorities, as well as the majority of the innocent population, still do not take and implement the necessary proper health precautions and preventive and avoidance measures to prevent the Corona disease, nor do they do anything halfway right and protective. As a result, personal health is not taken into account and all advice given by competent and professional advisors, such as doctors, virologists, physicians and immunologists, on all sources of information is disregarded.
have spread to the far corners of the earth. You have also contributed to this for months by spreading our information on your website, which many people, including professionals, have picked up, followed and saved from infection. Also, some of our findings have been taken up and partly out of selfishness have been passed off as our own findings and spread, which is fraudulent, but is not important for us.
5. However, it must be mentioned at another time that, as it was already done for the first time some time ago, the whole of the success of the worldwide spread of the corona pandemic does not result in a so-called second wave, as this assertion is widely and misleadingly spread by various alleged experts in virology, immunology and other know-it-alls.
 - a) When we speak of a wave of the spread of the corona epidemic, this is to be understood in such a way that such a wave piles up and spreads until it reaches its climax and then either collapses in itself, flattens and runs out in the end, or finally destroys much in a final push. During the rolling of a wave, however, depending on the elevations of the ground, a flattening and then again a rising of the wave takes place, consequently an up and down and with it an alternating rising, sinking and rising again until the climax is reached. And this is now also the case with the so-called wave of the corona epidemic, which is still rolling along in first sequence and still rolls towards its climax, only to end when this climax is reached. Only after that there is a standstill, which is not yet recognizable in terms of time and can possibly only be in months, after which a second wave can follow.
 - b) The still first wave and the present global spread of the corona pandemic is still expanding in a downward and upward direction, which will continue for some time, so that the actual climax and end of this still expanding initial wave will only be reached after a longer period of time and can be considered to be over. But this does not mean that the coronavirus will be destroyed later on, because another wave can start rolling again any time, because this virus will remain existent for all future and cannot be destroyed, consequently its existence will remain constant and always hold a certain danger for new infections.
6. What has recently emerged in Europe with regard to the fact that, in contrast to other continents and various countries, far fewer people on earth were infected and infected by the coronavirus, and consequently far fewer deaths were to be lamented - except in Italy and Spain - is due on the one hand to the special characteristic of the immune system of Europeans. On the other hand, however, better defence and behavioural measures were taken than in other countries, as well as the fact that the populations first complied with the lockdown measures against the corona disease.
7. What emerges now from the lifting of the lockdown on the global spread of the Corona pandemic is, on another occasion, that this is fundamentally due to the irresponsibility of the incapable powers that have thoughtlessly and therefore stupidly declared the previous lockdown orders to be over, thus shifting their responsibility onto the populations that are as incapable of dealing with the Corona pandemic as the powers themselves. The majority of the populations themselves have become totally indifferent and irresponsible towards the disease in terms of maintaining their own health. This behaviour corresponds to an unparalleled criminal recklessness and demonstrates an absolute inability to think responsibly, which

means that man is dominated by stupidity and incapable of using his intellect and reason and is therefore incompetent. This, however, prevents him from using his cognition, resulting in a consequently incorrect or illogical mindless and irrational chaos of thoughts, which carries out a wrong, confused and crazy transformation of information that is already fundamentally wrong and confused, resulting in a behavioral disorder that leads to a similarly wrong and behaviorally disturbed confusing action. This, together with the indifferent, careless, pardonless and maskless treatment of fellow human beings, leads to infection by the coronavirus and possibly, as a final consequence, to death.

8. As I have already explained several times during the last few months, people who are ill with the coronavirus and those who recover from it will not have life-long immunity, nor is there any possibility of herd immunity against this virus, but immunity will be temporary, depending on the case.
9. All the symptoms of disease caused by the coronavirus that we have mentioned in the last few months remain valid and will not be stopped even by possible mutations of the virus.
10. All manifestations and circumstances that have been mentioned by us for months and that promote an infection by the coronavirus, such as a weak immune system, mental disorders, overweight, age-related illnesses and all other risk factors mentioned that lead to susceptibility to infection will remain for all future.
11. People who have once fallen ill with the coronavirus and those who have recovered will be susceptible to various diseases and illnesses for the rest of their lives, because the influence of the virus in recovered corona sufferers has led to the development of a corresponding immunodeficiency factor and thus to a susceptibility to infection.

What is particularly noteworthy with regard to the Corona pandemic, which continues to grow and spread worldwide, is that the lockdown has been relaxed and even lifted or suspended due to the irresponsibility of the incapable leaders. This refers to the fact that, as a result of the irresponsibility of the incompetent leaders, the lockdown was relaxed and even lifted or ended, opening the way for the majority of the innocent populations to engage in irresponsible behaviour and degeneration and to fulfil their irrationality. The whole of the now rampant corona epidemic is now not only the fault of the stupid leaders of the state, because the population-gros, as a result of its stupidity, has to bear the blame itself for the now predominant consequences of the pandemic. And this is due in particular to the stupidity, irrationality, carelessness, indifference, irresponsibility, stupidity and the insanity of this ignorant majority of the population.

The overall corona pandemic situation has become much more precarious and dangerous, which is why the protective measures and precautions against infection by the coronavirus must now be much more strictly observed, such as the wearing of nose-mouth respirators. In this respect, there are various important and comprehensive factors to be mentioned, but I shall now only mention some of the most important of the various aspects in terms of their necessity:

- A) The wearing of suitable simple FFP1 or FFP2 nasal and oral respiratory masks with or without breathing valves should be ordered and obligatory for some time now by all state authorities worldwide in a responsible manner against coronavirus infections for all sections of the population by means of clear, decisive and binding precautionary measures, which should be subject to a high financial or custodial penalty in the event of non-compliance by those who cannot understand.
- B) The wearing of suitable simple FFP1 or FFP2 nasal and mouth breathing masks, with or without breathing valves, should be mandatory wherever necessary, such as Department stores, post offices, banks, doctors' offices, hospitals, homes, workplaces, public transport, etc.
- C) Wearing simple FFP1 or FFP2 nasal/oral breathing masks with or without breathing valves is also of health and safety importance and necessity outdoors, such as on streets, paths and squares etc., when encounters with passers-by, hikers and other people entering the area are unavoidable.
- D) Reusable and washable protective masks can be worn for longer periods of time, but must be washed if necessary; should be sprayed lightly with disinfectant several times a day for longer periods of use = do not use chemicals, but only 70% alcohol disinfectant.

- E) Disposable or disposable masks (usually made of paper pulp) should only be worn for a short time and disposed of correctly after use.
- F) FFP3 protective masks require two separate protective filters, which are attached to the left and right of plastic shell masks and must be replaced after a certain period of use and replaced with new ones.
- G) The distance from person to person of normally 2 meters must be strictly observed.
- H) It should be noted that there are no close groupings of any kind, nor should any such groups be joined.
- I) Celebrations and entertainment events in close group formations should be avoided as far as possible.
- J) Gatherings and meetings of any kind of groups in close grouping arrangements must be avoided both outdoors and indoors, especially in insufficiently ventilated rooms and halls etc., such as school premises, prayer houses, religious buildings, restaurants and places of entertainment etc.
- K) Group or individual pleasure trips, holidays of all kinds as well as stays on the beach should be avoided and refrained from.
- L) Stays in rooms that are not well ventilated should be avoided.
- M) Touching of persons outside the personal sphere of life should be avoided.
- N) Handshake greetings should be omitted and avoided; only linguistically and e.g. the <Hand on the heart> corresponds to a gesture of respect.
- O) Frequent hand cleaning with chemical-free soap or disinfection with a 70% alcohol solution should be the rule.
- P) A good whole-body hygiene and cleanliness is just as important and necessary for the preservation of health as the order, cleanliness and hygiene of the living spaces and their partial disinfection.

As an urgent necessity, new safety and preventive regulations against the risk of infection by the coronavirus must be considered and implemented, on the one hand as determining state and official orders, and on the other hand as the people themselves must be careful to observe the necessary safety precautions and to apply and comply with them responsibly, to which I will mention a few necessities:

- 1) Publicly accessible establishments and facilities of all kinds that do not meet the necessities of life should either be closed or used only under controllable strict security measures.
- 2) Personal services of any kind that require physical contact should only be carried out under the strictest security measures.
- 3) It should be forbidden and prevented to hold public or private events, demonstrations and any kind of group gatherings, as well as the use of the beach and club activities with close group gatherings.
- 4) Bar and restaurant establishments, amusement and entertainment establishments, and sporting events of all kinds are not to be visited, nor are brothels, fitness centres, swimming pools, sports centres, museums and all other non-essential educational establishments, leisure and entertainment establishments and other premises, etc.
- 5) Public transport should only be used in accordance with all necessary precautions, such as wearing masks and keeping a safe distance.
- 6) Visits to large department stores, pharmacies, drugstores, medical shops and other trading and sales companies for all kinds of necessary supplies and food, as well as visits to authorities and administrations, post offices, banks, doctors' practices, hospitals, homes and institutions, etc. should only be carried out with all necessary safety precautions, such as wearing masks and keeping distance.
- 7) Small, cramped shops should be avoided, because too narrow and insufficiently ventilated rooms greatly increase the risk of infection.
- 8) Open markets should be avoided because there is always the risk of group formation, which greatly increases the risk of infection.
- 9) Day nurseries should be avoided, because contrary to false assertions, children of all ages are also at risk of infection, so they too must be included in all safety precautions.
- 10) At mourning ceremonies or funerals - only within the family circle - as well as at accidents and work activities etc., no groups should be formed, and the wearing of masks and the keeping of distance should be in accordance with the necessity.
- 11) Postal delivery services and business delivery services should be regulated in such a way that there is no close contact between the persons delivering the goods and the persons receiving them, the necessary distance from person to person is maintained and, if necessary, a protective mask is worn.

- 12) Childcare should only be carried out by the parents or by other suitable persons living in their own household, which should also be the case for nursing care, if this does not require external specialist help, which should, however, observe all safety precautions such as wearing a mask.
- 13) Travel for work purposes to risk countries infected with coronavirus should be avoided until the risk of infection has been eliminated in the country concerned.
- 14) Holiday travel, vacation trips and flights as well as stays in foreign countries should be strictly prohibited and avoided, as well as any reception of visitors from foreign countries, especially from risk countries, which are to be assessed as such, if more than one (1) infected person per 100,000 inhabitants is registered in a country, this to a controlled degree, while a number of unreported cases remains undetected.
- 15) There is no doubt that the spread of corona disease and the consequent risk of contracting the virus by moving from person to person without nose-and-mouth breathing masks and without maintaining the necessary distance, except for family members or members of the community living in the same household.
- 16) An infection test may be useful, but it is not sufficient because the incubation period can be delayed up to one month, so another test should be done after 14 days and a third after one month.

These, Eduard, are the most important explanations I still had to give, but a greater number of them would be necessary to explain as well, but on the one hand we have probably disclosed enough in the past months up to now, on the other hand I now have a duty again which I cannot postpone any longer, which is why I have to go now. Goodbye, Eduard, dear friend - goodbye.