

*“The easing of the otherwise only halfway effective lockdowns resulting in many millions of coronavirus infected human beings worldwide, as well as hundreds of thousands of corona virus deaths, has now become a sad reality..” Ptaah July 26<sup>th</sup>, 2020*

## **Coronavirus Precautionary Measures – based on information from ‘Billy’ Eduard Albert Meier**

*(For more detailed explanations please visit <https://ca.fiqu.org/coronavirus.html>)*

Here is a summary of some of the key points that one should be aware of concerning the coronavirus and how to best protect oneself from infection:

### **About Viruses**

- Viruses are actually not life forms in the sense that lifeforms are understood but are infectious acellular organic structures that exist everywhere
- They are lifeless structures consisting of one or several molecules, which in certain ones of the approximately 2.7 million species and various forms – such as sphere, rod or tail carrier and so forth – are surrounded by a protein shell but are also carriers of DNA or RNA and thus of the information of the genetic material for their proliferation.
- If viruses do not find any host cells in their environment wherever they exist or in any life form, then they paralytically deteriorate and dissolve in their organic structure, because they cannot die away or die because they are effectively lifeless and are not life forms.

### **Transmission:**

- Due to the fact that this is a very highly contagious virus one should avoid airplanes, ships, mass transportation and large crowds, family gatherings, parties, unnecessary traveling for holidays, etc. and whenever possible, it is best to stay at home rather than to expose oneself to the risk of infection or to infect others if one is already infected.
- Contrary to the data by the WHO, the **incubation period is not 2 weeks**, but is between 2 to 4 weeks or in some cases even up to 3 months. However, it is also possible that the incubation period ranges from some hours up to some years, which, in each case, depends on the form and state of the immune system. A spread of the coronavirus can already **occur after seconds**, that is to say, after the moment of infection, therefore not only when it becomes detectable and acute.
- There is a constant danger of being infected with the coronavirus by persons who are infected but do not show any symptoms themselves; consequently, they also have no inkling at all that they themselves are carriers of the virus and therefore, unsuspecting, infect their fellow human beings and can therefore pass the coronavirus on unnoticed.
- An infectious contact can occur through being too close to an infected person’s normal exhalation, coughing and sneezing, or through infected dogs and cats, because also **pets can be carriers** of the coronavirus.
- Indirect ways of contracting the coronavirus can be from items, body surfaces or food on which the infectious air borne droplets have settled, provided that the virus subsequently gets into the body via the mucous membranes, for example, the mouth, nose or **eyes**. A transmission via the faecal-oral way and other body excretions is also possible. There is also the possibility of a transmission via infected animals, creatures and house beetles, such as cockroaches and so forth.

- Furthermore, all genera and species of mammalian life-forms are susceptible to this virus and can be affected by it.
- The virus can persist for a long time in wastewater and ventilation systems and call forth terribleness, as well as can establish itself on certain open food, that is to say, cut food – especially on meat – and have an infectious effect

### Further Safety Concerns:

- In contrast to other viruses, the survival time of the corona virus is very, very, high! Outside of the human body it can remain active not only for a few hours, as is the case with other viruses, but it is able to **survive up to 3 days** and even up to 96 hours – depending on the material and surface of the objects and the environment, weather and temperature – before it becomes weak, loses its activity and becomes ineffective.
- If clothes are contaminated it is not enough to hang them in the fresh air over night, because the virus remains active for a long time. Therefore, the clothes must be washed at 60° Celsius so that the virus is safely destroyed.
- One must pay attention to maintain a social distance of at least **2 metres [6.5 feet]** from other persons. This is due to the fact that, while breathing and speaking, breath-wisps are emitted and also exhalation droplets are propelled which float through the air and are inhaled by persons that stand too close, leading to a possible infection.
- This distance only applies in wind-protected rooms and locations, however where there is wind, depending on its strength, correspondingly wider spaces must be considered and also the wind direction because the expiration droplets, that is to say, the aerosols, can be carried up to **10 or 15 or more metres [30 to 50 ft. or more]** and therefore can also be breathed in at quite a distance by other human beings, who then become infected.
- If communications are carried out with people who have a cough, who sneeze or who emit spitting moisture when speaking, then a safety distance of **3 metres [10 feet]** or more must be maintained
- Of course, it is sensible not to shake hands with anyone, however, if touching another human being cannot be avoided, or if, for example, doorknobs or railings, etc., in public places must be touched, it is important to disinfect one's hands regularly with **70% alcohol** or with a suitable natural soap.
- Instead of using public transport it is advisable, wherever possible, to drive with one's own car and also to regularly wipe its door handles and steering wheel for example.

### Masks, Goggles and Visors

- Normal commercially available protective face masks or self-made protective masks of all types can be useful against the expulsion of breath and expiratory droplets and against a 'moist' speech. However, these masks can only prevent expiratory droplets from escaping or they slow them down considerably, nevertheless, tiny germs, such as viruses, bacteria and microorganisms, can emerge unhindered from these masks and, due to their tiny size, can easily be carried up to 1.5 or 2 metres [5 - 6.5 feet] away in the air by the slightest breeze, consequently persons who are present can be infected by them.
- Protective masks must be professionally and specifically made from **suitable non-woven filter material** which does not allow the breath and expiratory droplets to either escape or enter.
- Masks made of paper and of simple filterless materials, which also include self-made protective masks of all kinds and materials, such as handkerchiefs, scarves, micro-fibre cloths or cleaning wipes, cuddle cloths, bibs, napkins as well as headscarves, underclothes, face towels, balaclavas and neckerchiefs and so forth, are absolutely **unusable and useless**; products of this kind are in no form suitable for protection, rather

they lull the wearers of such products into a **false sense of security**. This applies equally to cheap or rejected industrially produced masks, as well as to visors.

- Transparent **face shields**, so-called visors, are not only useless but also misleading regarding safety and are thus dangerous to health. Such visors are open at the bottom and on the sides and therefore do not hug the face but only the forehead, and therefore do not seal. As a result, both the breath and expiratory droplets are expelled from the mouth uninhibitedly and spread all around. This also happens from elsewhere, that is to say, from other human beings whose breath and expiratory droplets can penetrate under the visor, which can then cause an infection in the person who inhales these particles.
- Goggles which can seal the skin all around, are absolutely necessary to protect against an infection by bacteria or viruses, and in the case of the coronavirus, the tear fluid of the eyes provides a favourable environment for the pathogen to establish itself.
- Fundamentally, good and correct face masks are only useful when used in conjunction with **suitable protective glasses**.
- Protective masks are only useful if they fit the face properly, provide a good seal and completely cover **both** the mouth and the nose (not just the mouth).
- **A sufficiently great distance between human beings is always the best protection to avoid being infected**, but unfortunately for many people wearing protective masks this means that they become reckless and indifferent, no longer strictly adhere to the necessary precautionary measures and therefore become infected with the pathogen despite wearing a mask.

### Types of Masks to Consider

- *FFP = filtering face piece (European designation)*
- Only professional **FFP2** [North America: **N95** or China: **KN95**] non-woven protective masks and effective **FFP3 [N100]** filter-protective-masks, which are effectively purposive and contain appropriate filter materials, can be worth recommending, in which case FFP3-filter-protective-masks quite especially and solely are suitable for protection against viruses, bacteria and micro-organisms to a high percentage of over **90-96 percent**.
- If necessary one can lightly spray these masks from time to time with 70% alcohol as a disinfectant.
- Good and tested FFP2 protective masks are an innovative filter medium, which offers a certain protection and safety against material foreign substances as well as against aerosols and expiratory droplets, fungal spores, microorganisms, bacteria and parasites, but is not suitable against viruses and is designed only for low breathing resistance.
- If wearing of protective masks of FFP2 or FFP3 quality and keeping a distance of 2 metres [6.5 feet] is maintained then, as a rule, one is sufficiently protected. The responsible wearing of protection masks applies to both health care personnel or care workers in hospitals, old age care facilities and nursing homes, to teachers in schools and as well as workplaces. Equally the responsible wearing of protection masks also applies to all private persons who come together with other persons who do not live in their own household, because there is never any certainty about their state of health. Protection masks of FFP2 and FFP3 quality are required especially for professional exposure to patients in care institutions and similar situations, because in such institutions, expiratory droplets, that is to say, aerosol-generating activities are performed on patients. However, protection can only be guaranteed by that if a purposive and face-sealing protection mask is used, which is worn correctly and thus also adapted to the shape of the face and the correct donning and doffing and so forth is observed, which is absolutely unsuitable for bearded persons of all kinds, including three-day beards, because with a beard, gaps are unavoidable with masks which must fit tightly.

## Disposing of a Mask After Being Around Someone Who is Infectious

- This corresponds to a situation in which single-use masks should be worn and disposed of after use. Such disposable masks should only be handled with disposable gloves and also not from the inside, but only from the outside, whereby also the corresponding touch accuracy must be such that they are only gripped by the rubber bands and thus held in front of the face, and both rubber bands are pulled behind the ears. The mask-nose-bridge is to be adjusted on the respiratory organ by pushing it in, whereby the mask must fit snugly everywhere and then be pulled down over the chin with the thumb and forefinger.
- The mask needs to be treated as if it were contaminated with germs
- When removing such a special mask, it is necessary to hold one's breath briefly because some kind of germs have settled on its surface and can cause an infection.
- Used disposable masks must be properly disposed of in an appropriate waste container.
- After performing a task, one's hands are to be washed thoroughly with a suitable soap, but never with chemical disinfectants.
- If mouth-breath protective masks have to be worn and a beard is present, then a mask must be such that it closes the face well despite the hair so that also nothing can penetrate into the mouth and breathing area from the outside.

## The Psychological Aspects of Wearing a Mask

- Besides its protective function against infection there is another important and positive aspect and affect at the same time, namely, the perspective and the point of view of persons wearing a protective mask changes positively because they mentally deal with the dangerousness of the coronavirus, consequently they voluntarily integrate themselves into the necessary measures that will help to contain the pandemic.
- The thought-feeling swinging waves of the human beings wearing a protective mask have a positive effect on the **state of their psyches** and regulate their tension such that it improves to a calming endurance.
- Even if normal commercial or self-made protective masks are not effective against the coronavirus, the use of such masks brings good and positive effects with regard to the aspects and affects aforementioned, through which the following of safety measures, which are important and necessary, contribute much to the gradual decreasing of infections and deaths.
- The whole procedure corresponds to psychologically profound values that have a calming effect on the thoughts, feelings and psyche of human beings who are open to intellect and rationality, and in this regard conveys a certain sense of security, which has a positive effect on behaviour and on the fact that the wearing of protective masks and keeping a necessary and sufficient distance from other human beings is considered normal and is maintained.

## Hand and Body Hygiene

- Without exception, a **strict hand hygiene** is always necessary in regard to hand washing because very often it is via these that contagious infectious diseases are transmitted to other persons. Therefore, regular and thorough hand washing with soap and water is of ongoing urgency in order to render pathogens harmless. Hand disinfection can also be achieved using 70% alcohol, however one should never use chemical disinfection agents.
- The wearing of suitable gloves can be very beneficial where appropriate.

- Overall, the entire body hygiene care and body cleanliness is of enormous importance and, moreover, is not only limited to the cleaning and disinfecting of hands.

### Hand Sanitizers

- There are also numerous bacteria on the skin of the body, namely a million-million [trillion], which form a protective film and normally ward off pathogens, however, when using disinfectants on the hands essential skin bacteria are killed.
- Chemical hand cleaners and chemical hand disinfectants should not be used because they are **health-damaging** for the skin and also penetrate through the pores of one's hands into the organism. If the hands are repeatedly disinfected with such toxic agents several times a day, severe disinfectant poisoning is the result, whereby the entire organism is negatively affected. In addition to severe organic ailments and illnesses, also unpleasant and even dangerous dizziness, unsteady gait and disorders with regard to thought, feelings and the psyche can arise, but also nausea and visual impairments, neurological disorders and behavioural disorders and so forth, which may remain for life.

### Testing, Self-Isolation and Herd Immunity

- If a contact with an infected person has occurred, then a corona test should immediately be done and one should voluntarily isolate oneself from other human beings for **at least 30 days**, because the incubation time can last longer under some circumstances than is generally assumed by the experts. As a result, tests should also be done after 14 days and after one month.
- At the beginning of the infection, the virus multiplies in the oropharynx and nasopharynx, and when a swab of it is made and is investigated in the laboratory, by searching for and finding the genetic material of the virus in the specimen, then a sure result is produced, because such a test, as a rule, shows a high degree of accuracy in regard to the new coronavirus. Also, antibody tests are necessary in order to be able to prove whether a human being had already been infected by the rampantly spreading corona disease or not, as well as whether he/she has developed a certain immunity against the virus or not, although this can however be just short-term but also long-term, depending on the case, whereby **one cannot expect any so-called herd immunity**. Also, evidence of antibodies does not mean a final healing or immunity, because the antibodies of this virus can quickly diminish again, become weaker and, under some circumstances, completely dissolve again.

### Destructive Effects of the Coronavirus on the Body

- It is becoming more and more evident that the virus causes brain damage as well as visual impairment, bleeding, balance disorders, language difficulties, organ failure, cardiac complications, that is to say, heart related complications, and throat diseases as well as various other diseases and ailments.
- A particularly critical aspect of the coronavirus is the fact that it mutatingly calls forth changes in all vessels, however, it also attacks the protective cell layer of the inner surfaces of the various organs and has a destructive effect on them. In that case a dying of the organs as well as the tissues results; consequently these – like the blood vessels and lymphatic vessels – become inoperative and thus inevitably cell death is caused. Therefore, in the last phase it is not a lung disease as such, rather a disease affecting the entire organ system, that is to say, a life-threatening inflammation of all or many of the vessels of the organs. In this respect, only individual organs can be affected first, but then all organs can be affected very quickly, which means that in one case, individual or several organs can fail, and in a serious case, even all of them can fail practically simultaneously. Therefore, for example, in a human being, an acute intestinal failure and a lung failure can already lead to death, or a failure of the kidneys,

liver, spleen, the brain or the stomach, but also a failure of the pancreas. Cardiovascular problems are also to be mentioned, which lead to sudden heart failure, just as various organs can fail simultaneously. This also means that different human beings can have different causes of death and therefore there is no uniformity. Also, the blood vessels, arteries and veins and even the skin are extremely susceptible to the coronavirus, as are the cornea of the eyes as well as the ossicles and the taste buds, because the virus can directly attack and infect all the mentioned organs, and damage them through inflammation right up to organ failure, consequently the function of the vessels is destroyed and all of it leads to death.

- Those who have seemingly recovered from the rampantly spreading disease will bear complications – which are hardly recognisable initially but will have serious health impairing effects in the future – and **pass them on** as well as spread them to their offspring and spread them further.

### **The Thought-Feeling / Body Connection**

- In the terrestrial medical sciences, there is no consideration of the fact that due to the infection also a negatively forming **state of the human being's psyche** which is thought-feelings-conditioned, results through which the entire organism and thereby inevitably also the entire immune system is impaired; consequently, it attunes to it and does not entirely defend itself against the attack of the dangerous germ. As a result, the attacking and health-disturbing virus can increasingly spread and cause structural changes of the cells and tissue.

### **Nourishment and the Strengthening of the Immune System**

- As a consequence of the difference between the immune systems of the male and female genders, the coronavirus especially encroaches on that of the male gender. Also, there are immunity differences which prevail between different peoples.
- Human beings of every age can be affected due to various reasons, for example, as a consequence of exhaustion, lack of **vitamins, minerals and trace elements**. Also, the reduced ability to self-regulate as well as actual disorders of the psyche and anxiety lead to susceptibility to the coronavirus, as does an **iron** deficiency anaemia as a consequence of vegetarianism and veganism, because meat products are avoided, especially dark meat, black pudding, beef fillet and liver, whereby their iron is better absorbed by the body than the iron in iron-containing vegetables.
- The immune system can strengthen itself by means of the uptake of nourishment, which, as a rule, includes all those substances which strengthen the immune system, such as vitamins, trace elements and proteins, and so forth, whereby, for example, especially **vitamin A** is important for the eyesight, skin, hair, mucus membranes, teeth and gums, and **vitamin C** especially for the body's own defence and healing of wounds. Along with these, also **vitamin D** is important for the forming of healthy bones and teeth and also guards against infections. **Vitamin E** is just as important and along with **vitamin A and vitamin C, these count as the most important antioxidants**. In this function they protect the cells from oxidative stress, through which free radicals can gain the upper hand and cause considerable harm.
- **Vitamin K** in turn is of the highest importance for blood clotting, as it is in regard to the health of bones. Above all, it is found in plant foods such as kale and spinach, while **Biotin**, that is to say, **vitamin H**, activates the enzyme reactions, which have a central role in metabolism just as they are also important for the forming of glucose and the building up and breaking down of fatty acids as well as for the breaking down of some amino acids. Furthermore, also **vitamin B5, pantothenic acid**, is likewise significant and plays an enormously important role just about in the whole of the metabolism as well as for strong nails. This is therefore briefly addressed in this regard wherefore, however, with a more detailed list, diverse other factors and substances and so forth would still have to be mentioned.

## Vaccines and Medication

- A recovery can only occur by the immune system fighting the whole of an existing virus activity, if it musters the necessary energy and power to prevent the virus in its function in such a form that it falls into a paralysed state in the organism of the human being. Only in this regard can **medications with antibodies** be useful, if they strengthen the immune system and also make it powerfully defensive, wherethrough the immune system can call forth/cause a paralysis of the virus.
- And since the virus is not a life form, but an organic structure, it cannot be killed, but can only be paralysed by a strong immune system that has to be strengthened specifically against the virus through medication that builds up one's strength. Basically, such a medication is a vaccine, which, however, first has to be time-consumingly researched for the coronavirus, then it has to be tested and manufactured, which, however, can take months or years.
- From a medical point of view, **only a proper and valuable vaccination** can be the solution, although such a vaccination is unfortunately still uncertain at present for a comprehensive effect and guarantee of prevention, because the lack of tests and experience is still insufficient, resulting in more harm than good and even **deaths as well as long-term damage** and late effects, as is unfortunately now already proving to be the case.

## Mutations of the Coronavirus

- Coronavirus gene alterations which have arisen and continue to arise through mutations can form new genetic variations, which lead to different symptoms, which can also be wrongly assessed and wrongly treated by medical practitioners. Children, for example – whereby it especially effects the younger ones – are infected by one of the diverse mutations of the coronavirus, which especially takes effect with heart and lung inflammation.
- The mutating and genetically everchanging coronavirus does not correspond to one that specifically targets a particular age group with human beings, but one that spreads to all human beings of all ages, therefore also in unborn babies, toddlers, older children, adolescents and adults of all ages, including the oldest human beings, it attacks all their organs.
- The dangerousness and lethality of this insidious rampantly spreading corona disease is due to a **continuous mutation** of the virus, in which case the mutation-changes which arise from it bring about newly occurring genetic variations that become more dangerous and aggressive.
- The new corona mutations have the property of infecting a human being not only with one mutation alone, but that one can be infected by **two or possibly even three** of them, and also that a human being infected by one mutation and 'cured' can be infected again by another corona mutation and fall ill.

## Lockdowns and Safety Regulations

- From the very beginning of the emergence of the rampantly spreading corona disease, the populations of all countries have hardly, extremely reluctantly or not at all adhered to the half-way good and correct health precautions as well as precautionary and safety measures which were prescribed by the governments and the authorities. And when all those incapable, arrogant, irresponsible and self-important government officials, who, as a result of their completely wrong assessment of the whole situation of the rampantly spreading corona disease and based on the bullying that has arisen from the various economic sectors, were fooled into relaxing the lockdown, which was otherwise already far too loose, the ununderstanding, the unconcernedness and the irresponsibility of the majority of the

populations went overboard; consequently, the pandemic now devastatingly spreads rampantly everywhere.

## **In Conclusion**

- Do not allow yourselves to be misled into wrong, inadequate behaviour-measures by inconsiderate, negligent and reckless orders of a kind which are official and governmental or organisational-based as well as private. Seductions in relation to wrong modes of behaviour of any kind can lead to dangerous health consequences, and in this respect, it can also be that half-way effective safety measures are relaxed and repealed too early.
- A protective distance of two (2) metres [6.5 feet] from other human beings should absolutely be maintained, such as while walking on roads, paths, squares and other places, as well as while using public transportation and so forth, in which case the wearing of a suitable protective mask – FFP2 [N95] or FFP3 [P100] as required – should be **mandatory**.
- The wearing of masks of this type for protection against infection is fundamentally sensible, which is why directives and regulations in this regard ought to be followed, because as with any other rampantly spreading disease, also the corona disease is a very life-threatening and serious matter which must not be underestimated. This is contrary to the simple-minded claims of liars and conspiracy theorists that claim that the corona disease does not exist or that lockdowns are a form of governmental control over their basic rights. Additionally, there are many people who are of low intelligence and are simple-minded and who demonstrate against the wearing of masks, the keeping of a safe distance and the ban on going out and so forth, in a riotous and destructive form.
- Even after the peak has been reached, the danger of the rampantly spreading corona disease will not be averted, because even after the rampantly spreading disease has subsided, it will remain active and, in the course of time, will claim many more infections and deaths.
- Consequently, all necessary precautionary preventive and protective measures should continue to be heeded...

**Here is a mini update from Billy Meier as of February 3, 2021, pertaining to broad sweeping measures which would need to be urgently implemented in order to effectively battle the raging coronavirus pandemic. However, these logical measures, and the subsequent details which need to be worked out, will not be enacted by those in charge due to their inability to correctly assess the problems at hand and to bring forth the right decisions that would finally bring this pandemic under control. On the one hand, this is partly due to external pressures to reopen the economy prematurely, while on the other hand, there is the foolish and impudent third or quarter of the population which openly rebels against mask wearing, lockdowns and believes in all sorts of unfounded and illogical conspiracy theories.**

**Nevertheless, here now are some of the main points which should be immediately implemented:**

- 1. compulsory wearing of appropriate respiratory masks of the quality FFP2 [N95/KN95] or possibly FFP3 [P100] according to need in the case of unavoidable contact with fellow human beings outside of one's strictly personal living space.**
- 2. keeping a distance from person to person in the case of unavoidable contact with people outside one's strictly personal living space. [a distance of 2 meters or 6.5 ft is recommended]**
- 3. strict lockdown or total curfew, except for matters such as: Food shopping, emergencies and health care related to medicine/doctor, hospital, energy needs; comprehensively controlled within responsible limits by security agencies.**
- 4. curfew violations by the unteachable would be punishable by severe penalties and long-term quarantine.**

5. absolute and strict prohibition of all kinds of travel, public entertainment, sporting events, entertainment and other non-essential activities, religious events such as visits to churches, mosques, temples, synagogues and religious circles, etc., as well as of learning-, teaching- and school-operations.
6. general suspension of work in all businesses that are not vital for the population, in accordance with certain wide-ranging regulations concerning the prevention of financial damage, the regulation of rent and lease obligations, etc.
7. the elaboration of laws on fundamental rights, to be followed by the populations which are also designed for emergency situations such as crises, epidemics and pandemics, times of emergency, national or worldwide natural disasters, etc.

“As far as the measures concerning curfews and a total lockdown are concerned, the responsible rulers and a part of the population are completely irresponsible, namely because as soon as the contagion situation improves a little, lockdowns are immediately relaxed again, whereby the whole contagion can strike again from the beginning. This corresponds to an absolutely idiotic and irresponsible action, which in each case leads again to thaws of infections and costs further thousands of human lives.”

**There are still many more important factors pertaining to the coronavirus which can be found here:**  
<https://www.figu.org/ch/index/downloads/coronavirus/eng>

**Also, here are just a few lists of safety recommendations and modes of behaviour to follow regarding the pandemic:**

[https://www.figu.org/ch/files/downloads/coronavirus/016\\_modes\\_of\\_behaviour\\_eng.pdf](https://www.figu.org/ch/files/downloads/coronavirus/016_modes_of_behaviour_eng.pdf)

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