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Do you know what is the worst superspreader event?

It's the testing centres.

Lump together healthy people with no symptoms with sick people with symptoms in a closed indoor room.

The goal of testing and contact tracing to contain or eliminate the virus is ludicrous. 1/n

Definitions first:

High-risk: individuals above 50 with pre-existing health problems.

Symptomatic: individuals experiencing scratchy throat, runny nose, fever, cough... 2/n

Testing should only be performed on HIGH-RISK SYMPTOMATIC individuals.

Testing should be used to meet the needs of the individual.

Testing and contact tracing cannot contain any infectious respiratory virus. It's useless for society.

3/n

SARS-CoV-2 leads to specific disease development. It's important to identify it to provide early treatment for HIGH-RISK groups.

1) anti-viral replication

2) anti-inflammation

3) anti-blood-clotting

4/n

Testing centres should be highly ventilated or better yet set up outdoors with proper hygiene procedures.

For example, wearing the same gloves for multiple patients is wrong. 5/n

If the viral load is high in a closed area, people with low immunity or lacking prior immunity from related viruses are very likely to catch the virus whether they sit 2 m apart, wear a mask or jump up and down all the time. It doesn't matter. The virus is all over the place. 6/n

Social distancing rules of 1 or 2 m in public places don't protect people because the virus is spread through aerosols that remain suspended in the air for days ...

7/n

It's important to remember that the viral load in public places is very low given that symptomatic people are mostly sick at home and not in public places.

Viral load is high on the COVID ward in hospitals or in care homes or at home if the family is symptomatic. 8/n

The viral load is very low outdoor. You are very unlikely to catch the virus outdoors unless you sit face to face in close proximity with a symptomatic person on a bench in the park. Staying 2 m away from a symptomatic person if outdoor is probably wise. 9/n

Definition first:

Pre-symptomatic: infected individuals not exhibiting symptoms YET (these people develop symptoms in a couple

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...When you feel like you are coming down with something and people tell you "you don't look quite well. are you ok?" 10/n

Some will argue that you need to test people who are not symptomatic because pre-symptomatic individuals shed the virus and can infect others.

Yes, they can. But again we should not test pre-symptomatic individuals. It doesn't help the individual nor society. 11/n

If you are a high-risk individual,

1) testing on day 0 (before symptoms) or testing on the first day of symptoms makes no difference to your treatment plan

2) testing & contact tracing cannot control the spread of a highly infectious respiratory virus 12/n

If you feel like you are coming down with something, just stay away from high-risk individuals, until you figure out if you are sick or not. Just follow common sense. Let's stop the hysteria. 13/n

If you have absolutely no symptoms (zero, zip, zilch, nada), otherwise know as asymptomatic, you DON'T need to get tested.

Live your life normally and stop being paranoid.

14/14

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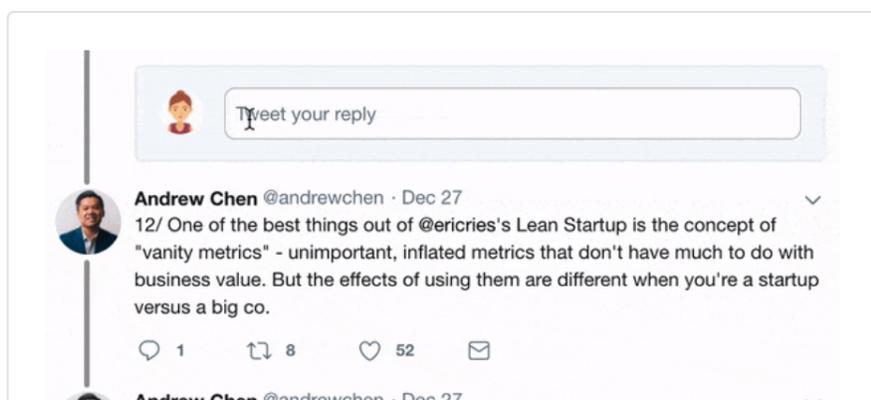
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