

Important things which are absolutely essential in order to guarantee, to the best-possible degree, the personal and family-based health safety as well as that relating to acquaintances and friendships.

That which is urgently necessary to explain regarding that are the following listed things of importance, which ought to be noted, understood, followed and heeded for the personal health safety as well as that of the fellow human beings:

1. All ordinances, decrees, orders and other measures as well as all lockdowns which are ordered now newly by the state governments for the coming weeks, and under some circumstances for further months or the first month of the new decade, are in every regard inadequate and therefore very deficient; consequently altogether it all only shows a partial effectiveness and does not end the continuing effects of the problem of the rampantly spreading disease, rather this lets it continue to exist and will even increase in the coming weeks.

From the lax and useless measures which were decreed by the governments of the majority of all countries since February and were ordered and carried out for the peoples, and from which salutary things did not result, it is obvious that nothing was learnt nor was the precarious situation of the corona crisis recognised. The wrong and useless manoeuvres decreed by the governments in regard to inadequate actions, unreal ordinances as well as the allowing of the carrying out of extremely deficient safety and prevention measures regarding the rampantly spreading corona disease have now led to the prevailing terribleness of the rampantly spreading disease. The governments' enactments of each of the short-term lockdowns, which were immediately relaxed again or completely rescinded and overridden as soon as the infection rates and the deaths reduced somewhat, testifies to an absolute leadership incapacity, incompetence, foresight incapacity, a deficient intellectum as well as to an unparalleled irresponsibility of the relevant governments. Beyond that, since the outbreak of the rampantly spreading Corona disease up to the current time, nothing else has resulted and above all no insight regarding the whole wrong actions of the governments, as well as no change to the use of intellect, rationality and the working out of practical and appropriate countermeasures for the overcoming of the rampantly spreading corona disease.

2. It is of urgent importance and necessity to heed that in every case, for all persons, in direct dealing with other persons who do not belong in the direct, personal sphere of life, appropriate respiratory protective masks ought to be worn.

The guaranteeing of one's personal health and that of the direct family as well as one's living community can only be when the following important things in regard to

respiratory protective masks and the right wearing of them as well as the right kind of masks are guaranteed.

3. The most frequent ways for infection and spreading for diseases are smear infections and droplet infections as well as aerosols which float through the air and are breathed in at short distances; consequently the wearing of suitable respiratory masks is of just as urgent necessity as is the keeping of the distance of 2 metres from other persons.

a) With absolutely still wind conditions, protective masks ought to be worn outdoors and a distance of at least 150 cm should suffice, while the distance is increased to 2 metres or more when there is wind.

b) With necessary professional and business verbal interaction in enclosed spaces, protective masks should be worn and protective screens should be placed between the persons to enable a separation between them.

c) During conversations, meetings and discussion and so forth, outsiders should wear protective masks and the distance between persons should be kept.

d) Visits in non-family homes, that is to say, in other households, and indeed also with one's own relatives or with family members living elsewhere in other households, should absolutely be refrained from just as should visits in one's own personal living area from family members who live elsewhere.

e) Visits with family members for the purpose of the imperative care and supply and so forth, should only be made with the consideration of all necessary safety precautions.

1. Wearing suitable respiratory protection masks.

2. Keeping the appropriate distance as far as possible.

3. Adhering to all safety measures, such as all necessary disinfection, when touching is necessary.

f) Short-term visits of a few minutes can occur with family members who live elsewhere in other houses and households, such as for deliveries and handling of affairs as well as purely for maintaining contact, however only provided that respiratory masks are worn and the appropriate safety distance is maintained.

4. Normal industrially produced protective masks of the FFP1 kind cannot – counter to all wrong claims of manufacturers, vendors, know-it-alls, trouble-makers and conspiracy theorist, and so forth – prevent any viruses from entering the mucous membranes and respiratory organ, just as self-made material masks or see-through

face shields, short speech shields in front of the mouth and nose as well as similar products, are unsuitable as protection against viruses.

a) Self-made material masks are at best suitable against dust entering the respiratory tract.

b) Normal, good, multi-layered, fleece, fitted, industrially-produced protective masks of the FFP1 kind are suitable as protection against the entering of pathogens in the respiratory tract and in the mucous membranes, such as dust, fungi, parasites, bacteria and the like, but are of no use for the defence against pathogens before they enter the organism.

Microorganisms as well as thousand-fold bacteria

The wearing of respiratory masks can only be effective due to suitable kinds of masks.

- 1. Self-made masks as well as purchased masks of pure fabric are absolutely useless just as they are also highly health-endangering.**
- 2. Tested FFP1 masks are only slightly protective and should not be used as effective protective masks, rather at best only as a short-term stop-gap.**
- 3. FFP2 and FFP3 masks are suitable for interaction with other persons.**
- 4. FFP is the English abbreviation for 'Filtering Face Piece'. Translated into German, it is generally understood as respiratory protection masks, fine dust masks, dust masks or simply respiratory protection filters. FFP protection classes divide respiratory protection masks into three groups, FFP1, FFP2 and FFP3, whereby the third is the safest protection class for respiratory protection masks.**