



## The latest on Covid 19, July 2020 ([our Main site](#))

There are lots of rumors out there, and false hope can be confusing, so I have sorted through a lot of the noise and come up with what I feel is valuable, & accurate, information. There are some promising developments that you may, or may not be, aware of. I am not a doctor, but I have been scouring for information and making sure what I present here is as scientifically sound as possible, based on the current knowledge.

The WHO has waffled quite a bit on face masks. They now recommend them if you are in public, in proximity to others. I think their former objection was based on the fear of people feeling they were invincible while wearing one. They are not for your protection, they are to protect others from you. The evidence is mounting that the primary vector is respiration droplets, rather than surfaces or straight airborne germs. That is not to say that hand washing or hand sanitizer is not of high value. On this basis I suspect a face shield is also effective in protecting the wearer and his eyes, in addition to nearby individuals. A non medical mask along with a face shield when in close proximity to others, is probably the best protection you can have. Inexpensive face shields are now available. By Fall, high quality N95 & N99 masks should be available to the general public as supply catches up with demand. As more information on how this disease spreads becomes available, it will enable us to structure our trips to ensure your safety.

A lot of studies are **suggesting** blood type has an effect on susceptibility. In order from best to worst, Type O, Type AB, Type B, Type A. This is not 100% confirmed by any means, interesting, but don't take it as gospel.

A vaccine may be available by year end. No guaranty of that of course, but we are optimistic. Personally, I think there will be something. The effort to produce one is unprecedented and is worldwide. The issue could be getting it out there once one is available. The good news for most of our customer base, is that you are usually over 65 will be close to the front of the line. <https://www.propublica.org/article/how-and-when-can-the-coronavirus-vaccine-become-a-reality>

It looks very possible that the Oxford university vaccine MAY be available by October. This one is showing promise as a short term annual type vaccine. It looks like it may be made available to countries that need it the most, first. That could include Mexico. The linked article is from Mexico, and is in Spanish. I have converted the web page using Google translate so it should work on a desktop computer in English. Sort of.

[Original Spanish:](#)

[Google Translate Version:](#)

Many people talk about herd immunity. If Covid spreads among enough of the population, in theory "Herd Immunity" could develop, but this requires around 80% immunity. No one can argue it's the way evolution works. No fun however, if you are one of the ones eliminated through natural selection, so it is not the moral option. The good news is that a partial herd immunity is not out of the question. Chances are what will happen is that the rate of transmission will decline as more recover from it, "assuming" people who have had it are immune and cannot pass it on. Total speculation, but a reasonable assumption nonetheless. <https://www.jhsph.edu/covid-19/articles/achieving-herd-immunity-with-covid19.html>

The best current prospect are existing drugs that may lower the severity, if you do contract Covid 19. With that there is a lot of promise. I suspect by year end, we may have enough drugs in combination that this disease is manageable. That is a bold declaration, I know. This is probably the best bet to deal with this until a vaccine is widely available.

A British study is showing promise with a steroid called Dexamethasone. This drug is very cheap and even available across the counter in Mexico. Note it is not a preventative, it is something that appears to help patients already in serious condition from Covid 19 <https://www.geekwire.com/2020/british-study-suggests-low-cost-steroid-can-reduce-covid-19-death-rate/>

I am normally reluctant to advise anyone on medical stuff, but this may be worth a try and it is medically safe. You should always, however, consult with your own doctor. This concerns Vitamin D and its possible effect on Covid 19 severity. There are a lot of snake oil salesmen out there. Do not fall into the trap of trying more possible dangerous substances such as Chloroquine or dilute bleach (mms therapy). I am not going to poo poo them out of hand, but they come with risks and are tied up in politics. Vitamin D is actually a good idea, especially if you are not keen on sunbathing, and a large portion of North Americans are deficient in it. 1000 IU a day will do you no harm. This lady has a Phd in Biomedical Science. Start watching about 29 minutes in. [https://www.youtube.com/watch?v=4\\_ZJ8YDOX6g&t=199s](https://www.youtube.com/watch?v=4_ZJ8YDOX6g&t=199s)

On the same subject, here is another video by Dr. John Campbell <https://www.youtube.com/watch?v=qyMFsLFAE5o>

All of this is backed up in the [Lancet Medical Journal](#)

*Paul Beddows*