

Strand on the Green Coronavirus helpdesk

Circular no. 2

Very sincere thanks to all of you who have offered help. I know who you are and may contact you if and when the need arrives.

To everyone, PLEASE, if you know of anyone living around you in this area who needs help, respond to this email and send their names, addresses, and contact details to robertcolvill@me.com, tel. 07789 872 640. Any kind of help,

- Do they need shopping?
- Do they need something from the chemist?
- Are they in any kind of financial difficulty?
- Do they just want someone to talk to?

Shopping:

The panic buying seems to be abating, and many of the larger chains are offering special shopping times for vulnerable groups and health workers. They are also often rationing the numbers in the store at any one time to reduce infection risks. Food is NOT running out!

Chemists:

Chemists are offering similar services. Busbys in Grove Park sees customers at the door, one by one. GP practices are relying on online prescription renewals, but it is not so easy if you do not have access to the online service. If you have a problem, it may be better to contact your chemist in the first instance.

Advice to keep virus free:

Here is some useful advice on how to deal with the virus. It makes the point that the virus is not a bacteria or a germ, but a protein. With thanks to Chris Hodgkinson for sending this.

From Asst. Prof in infectious diseases at Johns Hopkins University,

** The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.*

** Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.*

** The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.*

** HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.*

** Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.*

** Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.*

** Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.*

** NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot kill what is not alive with antibiotics, but quickly disintegrate its structure with everything said.*

** NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, be*

cause it removes all the moisture and does not let it peel off and disintegrates).), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat.

* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF IT SERVES! It is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

* Also keep your NAILS SHORT so that the virus does not hide there.

More advice

David Teale has shared the following youtube clip where a US doctor tells you how to deal with shopping once you have taken it home. You should be able to cut and paste the link onto your web browser. It is a little long and slow but useful nevertheless:

<https://www.youtube.com/watch?feature=youtu.be&v=sjDuwc9KBps&app=desktop>

In the first circular, I added a list of shops and restaurants that may be able to help. Two additions to that list:

- Grove Park Deli, - this from their website:
Please e-mail your order to info@groveparkdeli.com
or call Karen on 07730 037 367 by 6pm the day before
(if this is not possible it's always worth a call to see if we can add your order to the schedule)
Driver WILL NOT be able to accept payment so we will contact you before-hand for credit card details
Orders will be delivered cold ready for heating or freezing and delivery will be contactless
- Mackens (020 8994 2646) in Turnham Green Terrace may be able to deliver, but you may find their phone line very busy.

If you need help getting online or using any of the various services that keep us all connected, both through voice and video, please get in touch using robertcolvill@me.com or phone him on 020 8994 7328.

There is a vast amount of information, medical and otherwise, available online, but beware of scams, such as offers of testing kits, and so on.

This and other local news will be added to the SOGA website at www.strandonthegreen.org.uk

With thanks to John Giles for arranging this electronic circulation.

Robert Colvill

Thursday 26th March, 2020