

TAKE ACTION NOW



PROTECT YOURSELF AND OTHERS FROM SARSCOV2

WHY AND HOW?

A vital emergency.

This virus is still killing people in USA, there were at least:

-245,000 direct deaths in 2022

-1,300,000 direct deaths since the beginning of the pandemic



Transmission of SarsCov2: aerosols

DEFINITION: Virus with both respiratory and major cardiovascular tropism, which can affect all organs. Immediate effects and time-lagged effects can be distinguished

TRANSMISSION: This virus is mainly transmitted through the air, like cigarette smoke.



Aerosol transmission is a common mode of transmission for SarsCov2, influenza, RSV and many other viruses. Protecting yourself against one means protecting yourself against all these viruses!

Long Covid and delayed effects: an overview

LONG COVID, WE'RE ALL AT RISK! It's 1 in 10 infections - or 34 million in Europe. The disease can be very debilitating, affecting every organ in the body, and there is no cure.

CARDIOVASCULAR EFFECTS:



It multiplies risk of thrombosis following contamination. Heart attacks among 25- to 44-year-olds increased by 30% (1)

NEUROLOGICAL EFFECTS:



Cognitive impairment, neuronal fusion(2)

GLOBAL EFFECTS:

Covid increases the risk of diabetes, doubling it in children - type 1 (3)



AUTOIMMUNE DISEASES : ↗ of 42.6%, 3 to 15 months after infection (4)

PREGNANCY: infection reduces the size of foetal lungs (5)



(1) : doi.org/10.1002/jmv.28187

(2) : doi.org/10.1126/sciadv.adg2248

(3) : doi.org/10.1001/jama.2023.8674

(4) : doi.org/10.1101/2023.01.25.23285014

(5) : [doi.org/10.1016/S2213-2600\(22\)00060-1](https://doi.org/10.1016/S2213-2600(22)00060-1)

Solutions are available: how can you protect yourself and others?

VENTILATION/PURIFICATION

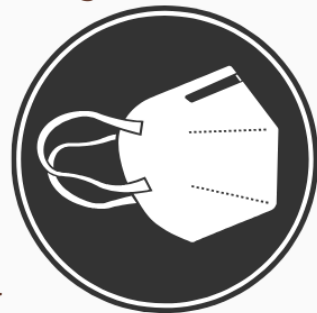
Continuous ventilation, open the windows!

What's more, there are effective purification systems for blind rooms: HEPA air purifiers.

THE BENEFITS OF SWITCHING TO FFP2 IN PUBLIC PLACES

The FFP2 is a filtering mask, suitable for aerosol transmission.

And it's even more effective when everyone's wearing it!




Switching to FFP2 increases protection, compared with surgical masks. Its universal wearability also means that people who cannot wear masks for health reasons can be treated in safety.


Nosocomial covid: making healthcare environments safer

ABANDONMENT OF CARE IS

Everyone must be able to access health services safely, regardless of any pre-existing illnesses. The one-sided FFP2 is protective but insufficient when the room is crowded and poorly ventilated. Wear a mask for yourself and for the others!

Did you know? Covid contracted in hospital kills more than in the general population: between 5 and 10% of infected people (1)

 **More than 50% of those infected are asymptomatic, yet still contaminating**

Planning to go into hospital? Take a PCR test and fill in this document: it may be useful in obtaining recognition of your rights in the event of contamination. 

(1): doi.org/10.3390/jcm12062279



WHO ARE WE?

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-general information:
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Data on aerosols:



Prevention is more effective than denial!

