

# What There is to Know, Among Other Things, About Wearing a Mask

## Seven hundred and thirty second contact

### Monday, 2<sup>nd</sup> of March 2020, 10:03 pm

**Ptaah** Here I am, Eduard, my friend, to answer your questions as Enjana told you. She told me that Bernadette and you have written an information sheet about the corona pandemic that you want to distribute to all members, which is why I said I would come here and maybe contribute something.

**Billy** Yes, Elisabeth faxed me an email from Andrea Bertuccioli, to which I should give some answers regarding the rampantly spreading corona disease; consequently, I have given Bernadette some information about that which you and I were talking about recently. Now, what she wrote is this here, which you can read and we can perhaps together expand on it further then, by which I mean you could add more information and I would write it down right away. Your information is probably more important than the nonsense that is spread by our terrestrial 'experts'.

**Ptaah** These 'experts', as you call them in a justified reproachful tone, are all persons who ought to have the largest responsibility in their offices for the populations of all countries, but who are absolutely incapable and irresponsible in terms of their task and fulfilling their duty, as I already explained during our conversation on the 6<sup>th</sup> of January.

**Billy** Good. Then we can start working right away, but then I still have a question from someone; namely whether vitamin C strengthens the immune system and prevents infections, which I certainly know is not the case, but to which you can give an answer later. And if you now want to explain something more about this presentation and list of questions here, which will certainly take some time, then that would be good.

**Ptaah** Yes, it will take some time to explain everything, because as I see it there are some things to be completed and still further to be added to these explanations, in which case I can certainly also expect your help with what Bernadette has written down here in accordance with your instructions? You have already sent everything out, but it will be necessary that I still contribute further in order to complement it, and then later you can exchange the whole thing that has already been sent with that which will be added.

**Billy** Of course, if you think ...

**Ptaah** Therefore, let us begin, ...

#### **News about the coronavirus and what is rationally to be considered The entire following information and recommendations correspond to statements and explanations by the Plejare Ptaah**

#### **For your information**

**Ptaah** In September 2002, in the south Chinese province of Guangdong, the rampantly spreading disease SARS, which was not known until then, appeared for the first time. The pathogen of this rampantly spreading disease, however, did not exhibit any parasites that can multiply in host cells, such as mycoplasma, that is to say, the tiniest bacteria of the class of mollicutes, which live aerobically, right up to facultative anaerobically, nor did it exhibit any tiny chlamydiaceae, that is to say, gram-negative bacteria, where through no bacterial infection arose, but a virus infection. Therefore, those were not pathogens, that cause an atypical lung infection or pneumonia, but a virus. Consequently, antibiotics were not effective for those who were sick with it, which led to many deaths within 2 years, which officially was declared as being a little over 1000, which in reality however were many more. The unknown virus was then defined as coronavirus of the genus of coronaviridae, which – in a secret research laboratory – mutated from a pathogen of an avian mammal, that is to say, a horse-shoe-nose bat (rhinolophidae), even though it is claimed that the origin of the pathogen is unknown and perhaps could have been transmitted by bats. This virus then was described as the SARS associated coronavirus, SARS-CoV, but abbreviated as SARS, that is to say, Severe Acute Respiratory Syndrome. Effectively it was not a simple disease, but a rampantly spreading disease, which was then also called SARS pandemic.

The transmission of the pathogen happened mainly through direct or indirect droplet infection, namely through breath-droplet wafts, that is to say, expiration droplets or aerosols.

1. **Firstly:** While speaking the breath is exhaled from the mouth as moisture and also from the nose as a very fine waft of droplets, as expiration droplets or aerosols. During this process the breath from the mouth and nose becomes visible, however, only on cold days and not on warm days. However, this waft of breath-droplets, as a rule,

- has the characteristic that it spreads by about half a metre when it is cold and consequently is inhaled by conversation partners that are close to the person speaking, which in this form leads to breath droplet waft infections.
2. **Secondly:** On cold days the breath condenses out of the mouth and thus the waft of breath-droplets or expiration droplets becomes visible and appears in the air as small wafts of mist from the mouth and nose.
  3. **Thirdly:** Condensing wafts of breath-droplets do not only arise from human beings but also from animals and certain creatures.
  4. **Fourthly:** However, with the process of the waft of breath-droplets, which, as explained, is only visible on cold days but not on warm days, it is to be considered that it is also exhaled from the mouth while speaking when it is warm and consequently is inhaled by persons standing nearby.
  5. **Fifthly:** The breath-droplets of the human being, which must be mentioned again, always become visible when the moist-warm exhalation from the mouth and nose meets the cold and moist ambient air. The reason for this is based on a physical characteristic of air, because it can only absorb a certain amount of water vapour and allow it to become visible. Warm air also absorbs moisture, indeed more than cool air, in which case the warm air exhaled from the mouth during warmer temperatures, in contrast to when it is a colder temperature, spreads further and at the same time invisibly, namely up to about two (2) metres, depending on wind conditions even further, which corresponds to about the outer limit of the exhalation.
  6. **Sixthly:** The breath-droplets of the human being also have a weight, namely at zero degrees [Celsius] – depending on the person and per cubic metre – it is about 4.5 – 4.8 grams, which means about 30 grams at 30 degrees [Celsius]. The breath-droplets, however, also saturate the air, consequently in this respect the air can also only absorb limited moisture out of the expiration droplets, depending on the atmospheric humidity.
  7. **Seventhly:** When the breath-droplets continue to cool down, the breath-water-vapour changes such that tiny water droplets arise from the breath, which then float in the air and spread.
  8. **Eighthly:** The breath becoming visible as breath-droplets during cool temperatures depends, on one hand, on the ambient temperature, but on the other hand, on the atmospheric humidity. Visible breath-droplets can thus only be produced and made visible at a lower temperature and this also only when the water vapour molecules contained in the exhaled breath condense so quickly that they immediately crystallise as tiny nebulas.
  9. **Ninethly:** An infectious contact can also occur due to coughing and sneezing persons who are infected, or due to dogs and cats, because also pets can be carriers of the coronavirus. Also, the indirect way of contact infection or smear infection with the virus from objects, body surfaces, food or other things on which the infectious air borne droplets have settled, leads to contamination if they subsequently get into the body via the mucous membranes, for example, the mouth, nose or possibly the eyes. A transmission via the faecal-oral way and other body excretions is likewise possible, as is a transmission via infected animals, creatures and house beetles, such as possibly cockroaches and so forth.

All this is also the case with the new rampantly spreading disease, actually contrary to many other claims and fake news that are devoid of all reality. For this purpose, in the near future and in the next month of April, in public media in Europe, various freely devised 'factual reports' will be spread, which are supposed to relate to the 'truth' about the emergence, the becoming public and the many alleged circumstances in China in relation to the coronavirus. In truth, however, everything is sensational invention and lies and deceit by anti-China ones, sensationalists and conscienceless and extreme dishonourable journalists who will incite the world's population against China with their lies, which will lead to corresponding accusations and tirades of hate, threats and vilifications as early as mid-April. The whole thing at the beginning of this will be the European journalistic 'factual media reports' that are based on lies and deceit, which – spread all over the world – will unleash conspiracies and threats against China.

Already in 1995 you predicted the emergence of the now rampantly spreading corona-virus-pandemic, after Quetzal also spoke about it in 1989, which was verifiably documented as usual at the time. And, as usual, this prediction has become reality with the first person already becoming infected with the coronavirus in a secret laboratory test as early as mid-2019 and, as a result of carelessness, infecting other persons in Wuhan; consequently, up to the month of December, already more than 240 human beings died from the virus. And this happened before the virus was discovered by another person who was arrested and accused of rabble-rousing, but then died in early February 2020 as a result of the rampantly spreading disease. Contradictory journalistic and freely conceived lie-interviews and claims regarding this rampantly spreading corona disease allegedly being predicted and warned against at various times over the past 10–15 years, correspond to nothing more than fake news lies. This equally applies to lies that the disease was recognised already in mid-November 2019 and the highest Chinese government and the WHO were informed accordingly. And with regard to a number of mentioned names of alleged 'participants' of the health care system and officials who are said to have made an effort in administrations to mobilise the highest Chinese government who did not take everything seriously and failed to take any measures to contain the rampantly spreading disease – these statements also only correspond to lies. Already soon these will lead to a world-wide malicious conspiracy theory and to hatred towards China and its populace when the irresponsible state executive of the United States of America will lie to the people and maliciously vilify China.

All of the upcoming fake news and so forth regarding alleged early knowledge of the rampantly spreading coronavirus disease – that it was recognised very early in November 2019 and reported to the authorities and the highest government in China, which, however, altogether did not respond to them and did not take any measures against the outbreak of epidemics – corresponds to nothing other than fake news which is deceptive and builds up conspiracy theories. The effective fact in this regard is that the authorities of Wuhan only became aware of the rampantly spreading disease on the 8<sup>th</sup> of December 2019 and then reported it to the highest government, which, however, did nothing. That alone can be blamed on the government of China, because after recognising and becoming aware of the coronavirus and its spread, it did not take the necessary measures and therethrough paved the way for the rampantly spreading disease and promoted the emerging pandemic. This is because, as I said, irresponsibly it did not immediately take the necessary measures to stop the already ongoing spread of the rampantly spreading disease. However, the Chinese authorities and government kept the outbreak and ongoing epidemic – which was recognisably, at that time, inevitably to become a pandemic – secret, wherethrough the chance of preventing the global spread of the rampantly spreading disease was forfeited. And this missed chance will now mean that, during the next two months alone, just according to official figures, around three million human beings worldwide will be infected by the coronavirus, which, however, in reality will be 10.4 times as high. This, while an official number of around 200,000 human beings will die of the rampantly spreading disease by the end of April, whereas also this official number will not correspond to the truth. Rather, according to our very precise and exact calculating forecast, it will have to be calculated at more than 512,000. Therefore the officially mentioned number will only be the one that will be announced by the authorities and state leaders, while the number of unreported cases worldwide, however, will be much higher, as has been the case since the onset of the rampantly spreading disease, and has remained so and will also remain so. This results, on the one hand, from inaccurate reporting and registering, and on the other hand, from many governments and health authorities, and so forth, concealing or deliberately falsifying the effective figures, as additionally many infections and the resulting deaths do not become known.

This new coronavirus corresponds to a further development and mutation from the rampantly spreading SARS, which is already spreading quickly and widely across the world as a pandemic, which, however, is still no more recognised by the majority of the irresponsible ones and the ones incapable of their office, by those responsible for state leaders and by the WHO – all of whom do not want to accept it – than it is by all health organisations of all countries, which still trivialise it all and consequently do not recognise the tragedy until it will be too late and there will be more and more deaths to mourn, as was already the case in Wuhan in the middle of last year when the rampantly spreading disease began and caused many deaths, but this was neither recognised nor became known, and consequently the coronavirus pandemic is rampant in all countries of the world.

#### **Rules that should be followed**

As before, any unnecessary risk of infection should be consistently avoided, which means that all unnecessary travel for the purpose of vacation and pleasure and so forth should be avoided and in this regard planes, ships, mass transport and crowds of all kinds should be avoided wherever possible. The motto for health and safety is: it is better to stay at home and avoid contacts to the outside, as well as not to organise any family events, such as birthday parties and so forth, than to expose oneself to the risk of infection or, in the case of an already existing infection, to rampantly spread it, that is to say, the virus, in the area and thus randomly infect other human beings.

#### **How does an infection with corona viruses manifest or which symptoms, for example, show when Covid-19 becomes acute?**

An infection with the coronavirus is not immediately noticeable for infected persons since the incubation period until the onset of the disease – contrary to false explanations by terrestrial doctors – can take not only 2 weeks, but between 2 and 4 weeks and, according to the information by the Plejaren, it can possibly even take up to 3 months, depending on the strength of the immune system and specific other factors of the infected person, which can be extremely different. Once the Covid-19 disease breaks out, the first symptoms are usually a mild scratchiness in the throat, which initially causes a mild irritation of the throat, which leads to a slight cough and then later to a full cough. Then also a fluctuating fever occurs – which means that the fever is sometimes higher and at other times lower – as well as a general malaise or a loss of the sense of taste, and, as soon as the symptoms become stronger, also a shortness of breath and other symptoms can appear which are similar to influenza, for example. However, Covid-19 is not equal to influenza and does not cause influenza symptoms such as aching limbs, etc., and also has nothing to do with a common cold with a runny or blocked nose or head cold.

#### **Why also Europeans and members of the white races increasingly fall ill with Covid-19, and not only the Asians**

Since the coronavirus's emergence in the city of Wuhan/China – as a continuation of the rampantly spreading SARS, so to speak – it has changed very much in its mode of behaviour and effect. It has become significantly more aggressive and therefore in Europe initially also spreads much more quickly and more severely among older human beings with a weaker immune system than among younger human beings with stronger immune systems. But that will change quickly; consequently the rampantly spreading disease will then also encroach on younger human beings, which will claim 200,000 deaths worldwide within the next two months. Obviously, according to the Plejaren information, first Northern Italy will be very

severely affected by the rampantly spreading disease, after which, however, all of Europe will not be spared. However, as the virus becomes more contagious and susceptible to mutations, the currently mutating coronavirus will become more aggressive; consequently, quickly the immune systems of the human beings of all peoples will not be spared by the pandemic.

#### **How much longer will the coronavirus continue to rage and can one hope that it retreats as soon as the temperatures rise?**

How long the coronavirus will remain active is not foreseeable at the present time. However, it can already be established that it will probably not diminish with the rising temperatures. Influenza and some other viruses react sensitively to warmer external temperatures and therefore diminish in spring and during the summer months, which means they become largely inactive. Observations with regard to the coronavirus speak against this dependence on the temperature, because it does not only appear aggressively in the colder regions of our planet, but also in Southeast Asia and, for example, in Australia and other warmer countries, where it is spreading just as quickly as with us in Europe. Therefore, it is to be noticed that this virus is not subject to any climate dependence and that the risk of infection is also independent of the climate. According to the assessment of the strength-intensity of the coronavirus, which will remain for a long time in this form, it can be assumed that the virus will survive for a long time and may even survive for up to two or three years and wreak havoc. And since the virus is not a life form, but an organic structure, it cannot be killed, but can only be paralysed by a strong immune system that has to be strengthened specifically against the virus through medication that builds up one's strength. Basically, such a medication is a vaccine, which, however, first has to be time-consumingly researched for the coronavirus, then it has to be tested and manufactured, which, however, can take months or years.

#### **How is the virus transmitted and how high is its survival duration outside of the human body?**

There is no specific therapy against the coronavirus, which does not 'live' but simply 'exists' as an organic structure; therefore, for the time being, only special preventive measures against infections and an epidemic can be carried out. The coronavirus spreads as expiratory droplets, that is to say, droplet infection, namely especially via excretions of the breath and mouth as well as via the hands and virus-contaminated surfaces which are touched frequently. So, for example, doorknobs, bells, bedside tables, toilets and other objects made of metal or plastic and so forth, which are in the direct vicinity of a human being infected by the virus, can transmit the corona virus.

On average, the coronavirus survives up to five days, although depending on the environment, it can last longer; for example, it survives up to nine days at normal room temperature and on surfaces of various materials and thereby remains extensively infectious. It is also the case that the existence period of the virus increases in the cold and at high humidity. In contrast to countless other viruses, of which the length of existence is only known for a few, the length of existence of the coronavirus therefore is presently known! In certain circumstances it can also remain active outside the human body not only for a few hours, as is the case with other viruses, but for many hours and, under favourable conditions, for days.

The virus, as explained, is spread by infected persons by means of droplets, such as those that are expelled by human beings from the mouth as they cough and speak and as breath-droplet wafts out of the nose. These are then transmitted over a short distance via the air to other human beings, who inhale it all, but everything also settles on their clothes and hands and so forth, and thus infects other human beings. The virus can also settle on food – such as cut fruit and vegetables – and on any surface, where it remains active – as was said at the beginning – for a long time before it finally wanes and becomes inactive. It is therefore quite possible that a human being can already become infected by brushing against the clothes or body of an infected person and transferring the virus from their clothes to his/her own, or, for example, by eating a piece of fruit or something else that has previously been contaminated by an infected person with a droplet expulsion. If clothes are contaminated, it is not enough to hang them outdoors overnight because the virus remains active on them for a long time, rather they have to be washed thoroughly so that the virus certainly loses its existence.

Basically, one has to be mindful of ensuring that one keeps a minimum distance of at least one and a half, but correctly two (2) meters or even three (3) meters, from other human beings. It is also rational not to shake hands with anyone to greet them and so forth, and to wash one's hands regularly with a suitable natural soap if touching another human being cannot be avoided, or if, for example, doorknobs or handles and so forth in a public space must be touched. Instead of using public transport, it is advisable to drive one's own car wherever possible and also to disinfect, for example, its door handles and steering wheel regularly. Chemical hand cleaners and chemical hand disinfectants should not be used because they are health-damaging for the skin and also penetrate through the pores of one's hands into the organism and therethrough cause suffering and illnesses.

It must also be said that disinfecting the hands with chemical disinfectants is not simply harmful to health, but after a short time already, if the hands are repeatedly disinfected with such toxic agents several times a day, severe disinfectant poisoning is the result, wherethrough the entire organism is negatively affected. In addition to severe organic ailments and illnesses, also unpleasant and even dangerous dizziness, unsteady gait and disorders with regard to thought, feelings and the psyche can arise, but also nausea and visual impairments, neurological disorders and behavioural disorders and so forth, which may remain for life.

## How can one's own immune system be best supported?

### Can Vitamin C Prevent Infections and Diseases, and Can an Immunity Arise After a Recovery from the Coronavirus disease?

Only taking additional vitamin C is not enough to keep one's own immune system sufficiently active. Basically, a healthy diet providing energy and power and one's good health are essential for strengthening and supporting the immune system. In addition to vitamin C, other vitamins and trace elements as well as minerals are essential, for example, Zinc, vitamin B12, vitamin E, and so forth; that means various vital substances. It may therefore be advised, depending on one's diet – in addition to a healthy and careful diet – to take a good multivitamin preparation or individual necessary substances regularly; indeed in at least twice the dosage recommended by the manufacturers. Unfortunately, all supplements available on the free market are severely underdosed, which is also known to us, because also in this respect we make an effort to come to cognitions. According to our knowledge, a doubly increased dosage of a multivitamin preparation is usually not only harmless, but also advisable for a terrestrial human being who does not get enough vital substances through his/her normal diet. It is not possible to prevent an infection by a virus by taking vitamin C and multivitamin preparations, even if the immune system and various organs and body functions are strengthened by such preparations. In principle, an infection by viruses, bacteria and many different microorganisms can only be avoided through certain precautionary rules, measures and behaviours and a strict compliance with them.

Fundamentally, even the strongest immune system can fail; namely when it is attacked by dangerous pathogens that trigger a shock effect and paralyse the whole system, which again corresponds to a fact that is just as unknown to all terrestrial medical sciences as is the fact that in certain human beings a recovery of their organism with regard to the coronavirus attack can occur, but no immunity arises because a coma impulse develops that persists regardless of the recovery, wherethrough the disease can renew itself, which, however, does not correspond to a reactivation, but a disease progression from the impulse coma. That should be enough, Eduard, but it took longer than I thought.

**Billy** That is always the case, because it is always as if time were running through one's fingers.

**Ptaah** I also know this phenomenon.

**Billy** Unfortunately, however, it is 'frittered away' by many earthlings.

**Ptaah** What does that mean? I do not know that word.

**Billy** It means 'senselessly wasting time', or as we also say, 'stupefying time', for example, like those – if I may say so – who, as fanatical spectators of low intelligence, have none of their own initiative to do something useful themselves, for example, by serving only as spectators while attending senseless sporting events and by frenetically-primitively howling cheers of applause, such as is the case with, among other things, football for which the fanatics even pay horrendous entrance fees. Although 'each to their own' applies here, I think that a human being should really do something useful and intelligent with his/her free time in order to get himself/herself up to speed, rather than being a stupidly fanatical and admission-paying spectator and 'frittering away' time. In order to understand this and also to muster initiative, to motivate oneself to do a useful job, to learn something, to do something valuable for oneself or for others who may need help – this requires intellect and rationality. However, if these conditions for it are not present then it is hopeless. But just as I said, each to their own, whatever their own is, consequently, everyone with low intelligence has to go through his/her life with his/her own low intelligence.

**Ptaah** This is incontestably the case.

**Billy** Exactly, but I have a question to that straight away: How is it with you? Do you also have so-called professional sporting events like the earthlings here with us? In my opinion, the earthlings who practice sport as a so-called calling because they think they are 'called' – that is where the term 'calling' comes from – are reluctant to work and, due to the low intelligence of the fanatical spectators, can pocket horrendous 'wages' and live in clover. This, just like the organisers, bosses and other employees and so forth of the so-called clubs, which are also financed by the low intelligence of the thoughtlessly paying fanatical spectators, while they themselves have to earn their income from hard work. But that is how it is: low intelligence knows no limits, and if a human being falls into this state and is incapable of logical thinking and acting, then he/she suffers harm and in this case in such a form that he/she pays an arm and a leg. And all of this, I think, is just as criminal as the criminal machinations of the fraud against older adults and other equally directed injustices.

**Ptaah** No. – Our peoples do physical exercise individually or in groups, but not as a main occupation or as a 'calling' as you call it. As a vocation, our peoples pursue their physical exercise for their own enjoyment, including artistic moments that

you call artistic gymnastics, as you once said. Even at public events such performances are put on display by individuals or groups, but this is only sporadic and never for the purpose of profit, because we do not know a financial system. As far as your presentation of your opinion regarding the work-shyness of the 'ones who are called' and the low intelligence of the fanatical spectators – as you aptly call them – and everything connected with them is concerned, I can certainly be one with you and agree with you.

**Billy** Very well, then I have won a fellow combatant in you with regard to this. But you see, this is how one deviates from the actual thing that I originally wanted to talk about. Basically, I was going to ask you something about the coronavirus, namely to what extent protective masks should be worn, because against the virus – as well as against bacilli, that is to say, bacteria and other microorganisms – actually only medical protective masks and goggles are effective. Although we already largely discussed this matter a month ago, I think that nevertheless some more things should still be explained about it, because also simple breathing masks, if they cover the nose and mouth, can prevent something. This is in the form, as you explained, that the breath exhalation and exhalation droplets as well as a 'wet speech' are not carried further and in this form a spread, that is to say, infection of other human beings, can be greatly reduced and also some things can be avoided with regard to oneself. That is that, which does not mean, however, that such simple protective masks would protect against viruses and bacteria, because this can only be guaranteed by special medical filter masks. Therefore I think that we should pick up again what we have discussed privately and that you say something explanatory about it, thus also that even simple masks can offer a certain protection, but that one should not consider oneself completely safe when they are worn and so forth. Furthermore, you said quite some time ago that you want to test protective masks. Did you do that, Ptaah?

**Ptaah** The most important thing has already been explained, but I can add a few more things. And regarding the testing of protective masks, we have done that, about which I can explain a few things:

- A) Basically, I have to first explain that, as a rule, mouth-breath protective masks are disposable masks which have to be disposed of after a single use. On the other hand, it is particularly important to say that the use, that is to say, the wearing of protective masks is health-sustaining and life-sustaining and, in the long term, lowers or completely prevents the absorption of health-endangering particles – such as various types of fine dust, which partially contains radioactive corpuscles –, where through the risk of suffering and diseases, namely particularly various types of cancer, is lowered.
- B) We have looked around with regard to mouth-breath protective masks and researched and tested a wide variety of such over-the-counter protective masks very exactly to determine their suitability. In doing so we became aware of products that are divided into different classes and are called FFP1, FFP2 or FFP3 and are useful, but cannot be declared completely germ-proof. These are protective masks which, as half masks and full masks, are effective against fine dust and reliably repellent of other fine particles; consequently, regarding that, they protect the respiratory tract from dangerous aerosols, that is to say, expiratory droplets and from various types of dust, for example, outdoors, on streets or also at workplaces and so forth.
- C) We have tested the FFP1, FFP2 or FFP3 protective masks in detail for their safety regarding their usability and permeability with regard to viruses, bacteria and microorganisms as well as fine dust, smoke and other toxins, as well as with regard to the particularly important connectivity to all areas of the face, especially around the eyes, respiratory system and chin. Of great importance in our tests regarding this was the important thing of the sealing of the mask, namely to what extent the breath can flow in and out of the mask at sealing points and introduce germs from outside into the respiratory system and into the mouth.
- D) The filter performance of these FFP masks is variable, as are the features of the masks, such that the filters can have an exhalation valve, which is particularly important if the breathing resistance has to be regulated due to material conditions.
- E) However, as far as the necessary protection against viruses, bacteria and microorganisms is concerned, these protective masks only partially protect against viruses and so forth or they do not at all, although the producers claim otherwise. In any case, this non-suitability applies to the products FFP1 and FFP2. The product of the protective class 3 is to be assessed differently, which certainly does not guarantee 100 percent reliable protection against bacteria, microorganisms and viruses, as is especially the case with the currently rampant coronavirus, that is to say, Covid-19, but nevertheless we can recommend this protective mask as good and largely protective, according to our assessment.
- F) All of these three FFP protective masks differ particularly in terms of their purpose for which they are used, and consequently their protection is also determined in accordance with the protective filter and its permeability.
- G) All three respiratory masks tested by us correspond to suitable products that, above all, provide very useful protection against aerosols that are based on oil and water, but are also very useful against fine dust, other types of dust and against smoke, and can be used during various work processes and provide reliable protection.
- H) The appropriate respiratory protective filters of all three classes, FFP1, FFP2 or FFP3, can be used depending on the application and needs, although the class three filter FFP3-filter, due to its good filter properties, can largely

be used to protect against viruses, bacteria and microorganisms, however, depending on the coronavirus gene variation, possibly only partial but good or full protection can usually be offered.

That, Eduard, my friend, is that, but there is more to explain:

- 1) Normal commercially available mouth-breath protective masks, which are also referred to as mouth-nose protective masks or face masks and so forth, do not in any form protect against the corona virus or against bacteria and microorganisms, which also applies to self-made protective masks of all kinds and materials, such as handkerchiefs, scarves, multifunctional cloths or cleaning wipes, cuddle cloths, bibs, napkins as well as headscarves, underclothes, face towels, balaclavas and neckerchiefs and so forth.
- 2) Normal commercially available mouth-breath protective masks or self-made protective masks of all types can in any case be useful against the expulsion of breath and expiratory droplets and against a 'moist' speech, namely from one side as well as from the opposite side.
- 3) Wearing such masks in the case of contagious diseases, especially rampantly spreading diseases, is absolutely appropriate and necessary when dealing with other persons outside of one's own home, such as perhaps in work areas as well as in public transport, department stores and in crowds and so forth.
- 4) Normally good commercially available mouth-breath protective masks – like self-made ones – should always be such that they can be used for a long time and consequently can necessarily be washed with natural antibacterial agents and thus reused. And after washing them – not by machine – it can be useful to spray them with a light, but not chemical, rather natural antibacterial agent.
- 5) Wearing normal commercially available oral respiratory protective masks or self-made protective masks against infectious diseases, especially in the case of rampantly spreading diseases, means that there is no guarantee of protection against infections by dangerous viruses, bacteria or other microorganisms, thus a false 'being lulled into a sense of security' would be harmful to health.
- 6) Normal commercially available mouth-breath protective masks and self-made masks of all kinds can also be useful against dust particles and the like, but never against preventing infections by health-threatening germs such as viruses, bacteria and microorganisms of all kinds. A sufficiently great distance between human beings is always the best protection to avoid being infected, but unfortunately for many human beings wearing protective masks means that they become reckless and indifferent, no longer strictly adhering to the necessary precautionary measures and therefore they become infected with the pathogen despite wearing a mask.
- 7) Wearing mouth-breath protective masks against pathogens, in particular viruses and bacteria, as well as other health-endangering microorganisms of various types, requires appropriate medical products that have been specially made for this purpose and are probably only available from specialist retailers.
- 8) When using normal commercially available mouth-breath protective masks, it should be noted, and this must be said and observed again and again, that such masks, as well as self-made masks, absolutely do not protect against the corona virus, nor against harmful bacteria and many other kinds of microorganisms if there is direct or too close contact with infected persons, which is why a significant distance of 2 meters from such human beings is urgently required and must be observed, even if a normal commercially available or self-made mouth-breath protective mask is worn.
- 9) Only specific full-face medical masks offer effective real protection against the coronavirus, as well as against various other dangerous pathogens, but sometimes also normal medical masks that have disinfectant filters, but must be disposed of after use, while others are intended for multiple use and can be equipped with exchangeable disinfection filters.
- 10) For an effective real protection against the coronavirus – as well as with regard to certain other contagious pathogens – it is absolutely essential to also wear appropriate protective glasses while wearing suitable mouth-breath protective masks, because certain pathogens, especially various viruses, use the characteristics of moisture in order to settle, while others, for example, influenza viruses, like an absolutely low level of moisture. As a result, some spread more when it is dry, but others spread more when it is moist, which is why, in any case, if there is a risk of infection, not only a mouth-breath protective mask, but also a good pair of protective glasses for the eyes should be worn.
- 11) Wearing mouth-breath protective masks should be paid attention to with regard to the rampantly spreading corona disease, but not unnecessarily on the street if no passers-by or only a few are on the move and there are no approaches to each other, but a necessary distance of at least two meters from one human being to another is maintained. There is no exception to this rule, which must be strictly adhered to, because it is urgent and necessarily unavoidable, because only therethrough can the rampantly spreading corona pandemic be contained and thus further infections and deaths can slowly be reduced and ultimately be completely rendered inoperative. But that will not be in a short time, because this rampantly spreading disease is persistent and will not come to a permanent end anytime soon.

- 12) For those terrestrial human beings who wear mouth-breath protective masks as a result of the rampantly spreading corona disease, this fact has – besides the protective function against infection – another important and positive aspect and affect at the same time, namely, on the one hand:
  - a) The direction of view, that is to say, the perspective and the point of view of human beings wearing a protective mask changes positively because mentally they deal with the dangerousness of the rampantly spreading corona disease, consequently they voluntarily integrate themselves into necessary measures that will help to contain the pandemic.
  - b) The thought-feeling swinging waves of the human beings wearing a protective mask have a positive effect on the state of their psyches and regulate their tension such that it improves to a calming durability.
  - c) Even if normal commercial or self-made protective masks are not effective against the coronavirus, our investigations prove, however, that the use of such masks brings good and positive effects with regard to the aspects and affects mentioned, through which also the therefrom resulting and following of safety measures, which are important and necessary, contribute much to the infections and thus also the deaths gradually decreasing, which is a plausible consequence.
  - d) The whole procedure corresponds to psychologically profound values that have a calming effect on the thoughts, feelings and psyche of human beings who are open to intellect and rationality, and in this regard conveys a certain sense of security, which has a positive effect on behaviour and on the fact that the wearing of protective masks and keeping a necessary and sufficient distance from other human beings is considered normal and is maintained.
  - e) It is imperative to consider that human beings who are not open to intellect and rationality rise up – due to various selfish, egotistical and inconsiderate reasons and due to outrage – against necessarily decreed measures and regulations and do not comply with them, through which turmoil arises and health threats are evoked that are detrimental to the entire community.
- 13) Unfortunately, the protective effect of normal, simple mouth-breath protective masks against the coronavirus is basically overestimated because, on the one hand, these commonly bought or self-made masks have no protective effect against the virus, and on the other hand, because the protective effect in open areas and on the street is usually not necessary at all because the virus is not transmitted through the open air, but only when communication takes place between persons who are too close to each other in proximity.
- 14) Wrong recommendations from experts – or those who want to be such, for example, certain virologists, doctors and medical professionals and so forth – that wearing of commonly bought or self-made simple mouth-breath protective masks is absolutely safe and prevents an infection by the coronavirus, corresponds to a malicious or at least dangerous and reckless false claim or lie, because fundamentally and effectively only medical specialist protective masks can offer the necessary protection against dangerous viruses, bacteria and microorganisms.
- 15) Basically, masks that can commonly be bought or are self-made can only prevent infection in the fresh air, in the country, on the street or anywhere else, namely also only if – all around and in close vicinity – there are no other persons present who may be infected with contagious germs. If it is the case, however, that infected persons are in the vicinity, then a proper distance of at least two (2) meters from them must be maintained, because the mentioned kinds of protective masks are absolutely unsuitable as protection from infection with viruses, bacteria and microorganisms.
- 16) And another time it should also be said that wearing a mouth-breathing protective mask outdoors, on streets and in the field is not necessary and is also nonsensical if there are no other human beings around, or, if however, persons wander about, a sufficiently large distance can be maintained. However, as already mentioned, the certainty that there will be no infection in open areas or on the street is due to the fact that the risk of infection outdoors is not only extremely low, but practically impossible if there are no other persons around. Even if other persons are present, but a sufficient distance is kept from them and a protective mask is also worn, infection with the coronavirus can, with great certainty, be reliably prevented and absolutely excluded. This fact alone, about wearing a mouth-breath protective mask, shows that there is no sense in wearing such masks all the time while outdoors. It is only necessary and important to wear them when there is a risk of coming into closer contact with other persons, because effectively wearing mouth-breath protective masks only then makes sense and is important for protecting oneself against infections.
- 17) If one personally suffers a corona infection and wears a simple mouth-breath protective mask, then this does not mean that therethrough other persons can be protected from the coronavirus, because simple protective masks that are not medically equipped in good form cannot prevent the virus from escaping through a simple mask and being carried further by the air; consequently, other human beings can be infected during contact with those who are too close. By means of unsuitable masks the breath and aerosols, that is to say, expiratory droplets, can only be prevented from escaping, be slowed down considerably and consequently cannot fly far away from the mask. However, tiny germs, such as viruses, bacteria and microorganisms, can emerge unhindered from mouth-breath protective masks and, due to their tiny size, can easily be carried up to 1.5 or 2 meters away on the air by the slightest breath of wind, consequently persons who are present can be infected by them.

- 18) It is and remains important that, while wearing normal commercial and self-made mouth-breath protective masks and in all situations, the most important safety requirements must not be neglected, such as that in all circumstances the distance between one human being and another must be kept, as also caution is required when dealing with mammals, which may also be carriers of the coronavirus, which has so far also occurred on different occasions in various countries, which, however, is usually kept secret just as honest official information regarding the correct number of infected and dead persons is. This, while there is also still a large number of unreported cases in this regard that can never be determined.
- 19) What arises from our observations and findings is the fact that wearing normal mouth-breath protective masks misleads many human beings to no longer exercise caution, for example, keeping the necessary distance from human being to human being, which should be at least 1.5 in a still, closed room, but usually not less than 2 meters.
- 20) Normal non-medical mouth-breath protective masks must be changed regularly because they become moist due to the expiratory droplets and the breath, and consequently the necessary filter function of 'dry exhalation' is no longer guaranteed. Good protective masks can be washed with natural antibacterial soaps or other non-chemical agents and can be reused.
- 21) With many normal commercially available mouth-breath protective masks, as of course also with self-made ones, an instruction manual on how to use them properly is missing, as also it not explained that such masks do not offer protection against dangerous viruses, bacteria and other microorganisms, because they do not correspond to medical masks; consequently, regardless of such protective masks, human beings expose themselves to a risk of infection if they come into direct or close contact with infected human beings. Therefore it is downright negligent to trust such mouth-breath protective masks that are not designed for such dangerous viruses and other pathogens, which only protect against exhalation and sputum and the spread of expiratory droplets, that is to say, aerosols.
- 22) Only real medical masks, such as those used in medical facilities, such as hospitals and so forth, offer real protection against dangerous pathogens, such as viruses, bacteria and other dangerous germs. In that case suitable protective glasses are also used. Indeed simple mouth-breath protective masks are used in such facilities, but not explicitly as protection against dangerous pathogens, but to prevent one's own breath exhalation as well as a possible sputum and the spread of expiratory droplets, but also to protect oneself in the same form from such expectorations by patients. These masks are therefore not about protecting against viruses, but about a different kind of purpose, because nursing staff naturally come much closer to patients than a passer-by on the street. The fact with such non-medical masks is that they are somewhat better than self-made masks, but of course they all work very much to a lesser degree and are also useless against dangerous viruses and bacteria, even if all kinds of 'professionals' claim the opposite and recommend such products, although effectively only professional medical protective masks can offer real protection against viruses and other dangerous pathogens.
- 23) As a rule, mouth-breath protective masks that can be bought normally are not about protecting against dangerous viruses and bacteria, and so forth, but are about stopping small or larger expiratory droplets that arise when coughing or speaking. In this respect it is therefore plausible that no expensive professional medical protective masks should be used for this. In addition, such protective masks are also not generally available for purchase in normal civil trade, and moreover, if they are, they are offered in free trade at high prices. Normally, however, normal, simple mouth-breath protective masks are already sufficient, which are particularly aimed at resisting expiratory droplets and sputum.
- 25) Effectively, medical protective masks that are equipped to ward off dangerous viruses and bacteria, and that are used for certain medical purposes and also require protective glasses, should only be reserved for medical personnel and corresponding nursing staff.
- 26) With normal commercially available simple mouth-breath protective masks there is no protection against dangerous viruses and other germs; consequently a benefit in this respect is not verifiable and using such protective masks can possibly create a danger if they are used incorrectly, especially if one's hands that are infected with dangerous pathogens inevitably and unconsciously touch the mask and thus an infection results in this form. And this is exactly what happens often, because the protective masks are often touched so that one can check their fit, correct them and put them back on the face properly because they always move due to physical movements and slip under the respiratory organ or chin, wherethrough saliva, sputum, breath or exhalation droplets get into the mask and a smear infection can come about.
- 27) A mouth-breath protective mask must always be worn and treated as if it were contaminated with germs, which means that, when it has to be removed, it must not be handled with bare hands during its removal but must only be touched, removed and disposed of while wearing disposable gloves, after which one's hands should be cleaned thoroughly with a natural soap.
- 28) The necessary distance to other human beings, at least 2 meters or more, must absolutely be observed and maintained in the case of an infectious disease, rampantly spreading disease, epidemic or pandemic, while despite wearing a protective mask when coughing or sneezing, this is not to be done in one's hand but in a suitable cloth or in the crook of the arm.

- 29) If mouth-breath protective masks have to be worn and a beard is present, then a mask must be such that it closes the face well despite the hair so that also nothing can penetrate into the mouth and breathing area from the outside.
- 30) What I also have to address in particular is the following: If protective masks have to be worn – as a result of human beings being in the immediate vicinity or nearby and because they are severely infectious – then this corresponds to a situation in which single-use masks should be worn and disposed of after use. Such disposable masks should only be handled with disposable gloves and also not from the inside, but only from the outside, whereby also the corresponding touch accuracy must be such that they are only gripped by the rubber bands and thus held in front of the face, and both rubber bands are pulled behind the ears. The mask-nose-bridge is to be adjusted on the respiratory organ by pushing it in, whereby the mask must fit snugly everywhere and then be pulled down over the chin with the thumb and forefinger.
- a) Such a protective mask must not be pulled under the chin from time to time and put back in front of the face later, because if it is pushed under the chin a new mask is required in such a case. If necessary, glasses or goggles must then also be put on.
  - b) When removing such a special mask, it is necessary to hold one's breath briefly because some kind of germs have settled on its surface and can cause an infection.
  - c) Used disposable masks must be properly disposed of in an appropriate waste container.
  - d) After performing a task, one's hands are to be washed thoroughly with a suitable soap, but never with chemical disinfectants.

These are the most important and most necessary facts, Eduard, that I have to mention regarding your questions.

**Billy** Then – I think – this should really be enough said on this matter for today. Then we could finish off for today, because for once I should again sleep a little more than only four hours, which Evi also keeps telling me again and again. To always stroll around – half floating like a dream walker and like on rubber shoes as a result of tiredness – sometimes causes me a little bit of effort.

**Ptaah** I can understand that, and you should set your working day to a maximum of ten and not regularly to twenty and/or 21 hours.

**Billy** Unfortunately that is impossible, but let us talk about what ...

*Translation by Vibka Wallder, Australia; corrections by Vivienne Legg, Australia and Christian Frehner, Switzerland.*