

2 September 2020



Prevent and fight together against Covid-19 (Short version)

Dear friends and comrades,

Different revolutionary organisations already have lost cadres to this new disease, the Corona crisis. Based on experience in Germany, the MLPD, its doctors and allies have continuously analysed the Covid-19 pandemic and have developed the following measures. We would appreciate very much to learn and exchange with you the experiences in your country to effectively fight and deal with the pandemic.

1. Take it seriously, as severe damage may have long-lasting effects.
2. Small liquid particles also known as droplets and aerosols are the main way of transmitting the disease. Interior rooms with no or bad supply of fresh air support the danger of infections. Meetings and gatherings in such places should be organised in such a way that a distance of 1.5 metres (6 feet) is kept and masks are mandatory.
3. Any mask or cloth is better than no mask as it helps to prevent transmission of liquids. Safer are FFP2 masks, also known as KN95 masks, or even better FFP3 masks. In high-risk environments FFP3 should be used in combination with transparent plastic face shields (medical centres, hospitals). Simple cotton masks should be dried and washed regularly.
4. Risk groups include people over 60, overweight people or people with pre-existing illnesses such as diabetes, cardiovascular illnesses, cancer, smoking and other. Masks must be used when using public transport. The supply of free masks should be the demand of people's movements, as well as the demand for intense testing.
5. Wash your hands as often as possible with soap for 30 seconds, always before and after contact with other people. Avoid handshakes and body contact. Effective and cheap disinfection of any item that is used by different persons (such as door handles, keyboards, tables, desks and so on) can be done with acetic acid as in vinegar. You can mix the disinfectant solution: 50 ml of concentrated vinegar, 100 ml of water, 5 drops of tea tree oil (if available).
6. Mix all the ingredients together, pour into a small spray bottle and shake. If possible you should also use hand cream after use, as bought disinfectants do not dry out the skin so quickly and therefore hardly trigger any allergic reactions.
7. Another way of transmission is through sharing or distributing meals. Buffets should not be used and plates not be shared. When distributing food, careful hygiene has to be maintained, (social distancing of 1.5m in the queue and while eating, and if available latex or nitrile gloves for the persons who serve the meals).
8. Open air protests should not generally be cancelled, but safe distances and masks are required. Speakers should cover the microphone with plastic bags. Each speaker must have his own plastic bag for the mic.
9. Discipline in safe behaving of everybody and the education to this discipline are crucial in combatting the disease.
10. In case of an infection, strict quarantine has to be maintained.
11. Early treatment of Covid 19 patients is important. This includes high-dose Vitamin C intravenously and eventually Vitamin D supply as well as medication against blood clots, and if necessary and possible therapy with oxygen flow. Rest and hydration are important.
12. We do not recommend the use of Corona tracing apps; contact tracing can effectively be done in other ways.

MLPD doctors are available for consultation and exchange in English. Please feel free to get in touch. The circle for solidarity with refugees, "Freundeskreis Alassa and friends", has published a YouTube film for information and education of the people about Corona. Originally the film was made by our friend Alassa for refugees in Germany. The film can be used very well for mass education.

French <https://youtu.be/H0ufZQQ0MiM>

English <https://youtu.be/YsFCLYTsixw>

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