

Hi Friends,

Thanks for helping mobilize our community to make them to help COVID Pandemic awareness to others ("Stay Home" message for virus containment) ...goods or money donations to elderly homes (normally are just "retirement Homes", and there are Not elderly hospitals), anything you can do from home to help others!

AstronSCIENTIFIC is manufacturing and supplying hospitals and police forces with free protective plastic masks.

FYI: In Europe has been the same "play-book" in every country so far... begins with few cases, politicians try to play it down to avoid population panic.... and then in one week or two the outbreak!... food shortages first weeks in food stores as well with pharmacy products such as masks, gloves, etc. DO NOT PANIC! JUST BE PREPARED!

### **What we now in Europe:**

- Extremely short virus incubation days...5 to 14 days!
- Super steep population infected Gauss curve!
- No country has enough medical resources like ICU beds or supplies such as respirators, etc.
- To flatten the Gauss type population contagion curve and reduce contagious risks home isolation is only option!
- Stay Home!!!

### **A.-Get prepared for several weeks of home isolation:**

- have plenty of food and cook your own meals
- avoid food deliveries
- stock your needed regular medicines now
- delivery companies lead times will increase....in Barcelona for food, etc... now is +10 days!

### **B.- if you need to exit your home:**

- wash well your hands with soap before putting on gloves
- Wear gloves, masks, hats, cover yourself completely
- Social distance 6 feet or more
- Do not use elevators, use stairs better
- Clean your hands with gloves with disinfectant regularly
- Do Not visit other friends' homes, especially older relatives' homes...you will put them at risk!
- If in need to bring supplies to family member at other address, leave supplies at their door!

### **C.- When returning home:**

- Leave no-refrigerator food in car for +48 hours or at home in the bags, and do not open! virus survives in metal, plastic surfaces 2 to 3 days!
- Remove shoes and undress in by your home door...with gloves put clothes directly in washing machine with hot water wash and soap
- Refrigerator food and packages:
  - In kitchen sink 1 clean with hot water and soap
  - In kitchen sink 2 rinse with hot water

- Dry with throw-away paper
- Storage then in refrigerator
- Clean well with diluted bleach and soap all touched surfaces
- Take hot shower with plenty of soap
- Only then you can be with other house members
- House quarantine begins again 14 days!

D.- If someone at home losses "smelling capacity" or has other symptoms such us cough, fever...

- Call your Doctor /Hospital and wait for instructions
- Hospitals have high rate of ill Doctors, nurses and general staff..when possible avoid going to hospitals (my friend Arthur's mom Mari went to hospital 3 weeks ago for unrelated illness and she pass-away yesterday from corona infection infected at hospital)
- If at home, isolate him/her in another house room or floor
- Do not share same bathrooms
- Bring cook warm food and plenty of liquids to their room outside door

E.- Follow your local Authorities recommendations (in some places are slow reacting and advising general population)

- The general behavior has been so far...
  - Oh, look what is happening in China...well that is China, it will not happen here!
  - Oh, look what is happening in Italy....well Barcelona is better prepared than Italy, it will not happen here...
  - Oh, look what is going on in Barcelona Spain...well United Kingdom is better prepared...it will not happen here...
  - Oh, look at the UK... in New York USA we are definitely better prepared than in UK
  - ...and so on... but still, Follow Your Local Authorities Recommendations!

Hope I was able to help my friends in the US and around the world.

**Together, we can win this Pandemic Corona Virus fight!**

**Get prepared, good luck to all and STAY HOME!**

**Bests regards from Barcelona,**

**Alv.  
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PS:

- Charles Fulco and Andrew Kelsall have been recently incorporated at AstronSCIENTIFIC Marketing Dept. and also our in-house astro-imaging expert Carlos Uriarte.
- See our free community contribution at [www.astronscientific.com](http://www.astronscientific.com)
- **Hope to see you all in NEAIC/NEAF September!**