

6: Asymptomatic infections "It wasn't even that bad when I had it!"

Asymptomatic means that someone who has been infected with Coronavirus is showing no symptoms of disease. This is particularly dangerous for many reasons. Someone who is asymptomatic often does not know they are infected and they still unknowingly infect other people with Coronavirus even if they have no symptoms. Being asymptomatic can still affect the infected person and can still result in Long-Covid. This is why it is important to wear a mask. To minimize the potential that you spread the disease.

7: Masking "I wore a mask and tested after the event?!"

Surgical masks, cloth masks, bandanas, mesh masks, ski masks, balaclavas, hand-sewn masks, and neck garters do not protect against Coronavirus or any airborne disease/virus. Poor masks such as these do not reduce the risk of contracting and transmitting Coronavirus because its virus particles are small enough to bypass the fabric easily, especially when not sealed (i.e. with mask tape).

A quick guide to masks:

American Standards for Testing and Materials (ASTM) has standards for masks rated 1-3 and include various kinds of surgical masks that protect against microorganisms, fluid sprays/splashes, and some particulate matter. ASTM states that none of these masks protect against airborne diseases/viruses such as Coronavirus. Masks that protect against airborne diseases rated as KF94 or N95 and higher. These types of masks filter out 94% to 95% of all air and particles being inhaled and exhaled by the wearer. These masks have 3-4 layers of melt-blown filters that have mesh small enough to catch Coronavirus particles. Respirators with N100 filters are also great and have recently been made more compact for convenience. Use NIOSH certified masks! This means they have been quality tested and certified by the National Institute for Occupational Safety and Health.

*Even with KF94, N95, and N100 respirators, one can still contract Coronavirus through the eyes due to it being an airborne virus! There are various safety goggles and glasses which can be worn to boost your PPE, however, this can be expensive. Which is why we are pleading with you that you minimize your exposure as much as possible! Coronavirus has evolved to be much more contagious. It can spread faster from person to person in less time than expected. Keep in mind that Coronavirus is not like the common cold or influenza (See section 1, 3, 8, 9,10).

8: Long-Covid "I'm tired all the time and I can no longer live the life I use to before getting COVID"

Long-Covid happens when one becomes infected with Coronavirus and the symptoms do not clear up and worsen over time. The criteria is symptoms must persist after the 2 week period that one is infected and contagious. Many people now have severe long term health decline from infection with a laundry list of chronic symptoms attached. Long-Covid has been shown to cause conditions in infected individuals with no prior history with the new conditions i.e. chronic inflammation, epilepsy, multiple organ failure, brain damage, diabetes, heart attack, and stroke.

9: "You can't make me!"

You are absolutely correct. No one can make you do anything you do not want to do. It may give you a lot of anxiety to read this and realize you might have to adjust your lifestyle after "going back to normal". You're going to have to skip out on certain events, dining in at restaurants, dancing at clubs, and going to cafes/bars. These were apart of the old ways of life. We live in the reality that millions of dead humans have been written off as "necessary casualties" for "the greater good". Real people who were "already going to die anyways". We have not forgotten our spouses, children, family, friends, and loved ones who have become permanently disabled and died from Coronavirus. This is an appeal to everyone. To keep ourselves, our communities, and loved ones alive and healthy. To do bare minimum and show solidarity with disabled people, exploited workers, and those who have died from the failures of global health systems. We are the only ones we have. No one is coming to save us. The leaders of the world have left us to die, so don't.

10: The pandemic savvy EDC Every Day Carry:

- Hand sanitizer
- N95 well fitted mask
- Double sided masking tape for a better seal on -N95 mask
- Disinfecting wipes
- Extra masks keep a stash in your car, bag, coat etc.

Written and edited through the collaborative work between

The Big Gay Guide of How Not to Die

Scrap Yard

The Pandemic Never Ended



The Big Gay Guide of How Not to Die and Scrap Yard presents:

Surviving the pandemic after everyone has stopped caring

Safety for Harm Reductionists and lovers.

Letter to the unseen:

*With lead hearts and insurmountable gratitude, we fight in solidarity with all the people who have been treated as disposable. People who have been told their lives mean nothing in the name of profit. People who have witnessed mass death. People who have been overworked and forced into overtime to the point of suicide, and the people who are still here being crushed under the pressure of empires crumbling on top of them just to survive.
We are you.
We are all we have.*

*With our love, our sorrow, and our indomitable solidarity, sincerely,
Scrap Yard, BGG, Page Burner Books, and Pepper Greene.*

0 Preface:

The Coronavirus pandemic has an overwhelming amount of disinformation surrounding proper safety guidelines and the severity of the disease. This document is made for explicit clarity and use data to protect ourselves and the people around us from terminal illness, chronic disability, and/or death. The pandemic is far from over and "normal ways of life" are damning us. We strongly urge Activists, Medical staff, Workers, and everyone to carefully read and take the advice of the details following.



1: Who cares about Coronavirus?

There has been a grim amount of excess deaths caused by Coronavirus in the years since it first began its global spread in November of 2019. Among these deaths, many were what the World Health Organization (WHO) categorizes as healthy adults. However, the majority of the casualties were the Disabled, terminally ill, children, and elders. The official numbers are about 7,000,000 (seven million) dead with the unreported or mis-categorized being estimated for nearly 20,000,000 (twenty million).

2: The cognitive dissonance and detachment cycle

Cognitive dissonance refers to the theory that people are very uncomfortable with inconsistencies within their own minds, views, and/or actions. The Cognitive Dissonance and Detachment cycle (or "CDD") among the general population, left wing activists, and Anarchists (non lifestyle) follows as such:

- 1: One stops taking COVID precautions and resumes pre-pandemic lifestyle after receiving a vaccination. (See section 4).
- 2: Naively accept that everyone will get Coronavirus at some point so therefore it is the same as getting the flu (which is fatal to many vulnerable populations in its own right).
- 3: Justify these beliefs by claiming that Coronavirus is now endemic (such as the common cold) and there is no reason to "live in fear"
- 4: Expose and spread the Novel disease Coronavirus that can permanently disable or be fatal to others.
- 5: Remain silent and "return to normal" ignoring all the systemic abuses happening around them Says things like "I can't live without going to the movie theatre".



3: "Don't worry! I'm Vaccinated!"

Vaccines can reduce the severity of symptoms caused by the Coronavirus while one is infected to avoid hospitalization. Vaccines have shown they reduce some possibility of infection/transmission but do not eliminate infection risk. Vaccines have not conclusively been shown to reduce chronic illness caused by the Coronavirus (also known as Long-Haul Covid-19) lasting after one has been infected often lasting between 4 weeks to upwards of 3 years, as in, the longest cases have yet to resolve since the infected person's illness back in 2020. Many cases of Long-Haul Covid-19 have resulted in death due to the myriad of medical/psychological complications triggered by the disease, an exacerbation of pre-existing conditions, and by suicide. In short, if you and the people around you are fully vaccinated it is still likely you will contract or transmit Coronavirus.



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4: Exposure "Wanna go see a movie and get some dinner?"

Coronavirus is airborne. This means it can live in the air of an enclosed space for 20 minutes, can live on dry surfaces for 72 hours, and live on wet surfaces for a week. If infected surfaces or air come in contact with eyes, nose, mouth, anus, genitalia, or any "mucus membranes" you can/will become infected. This also applies to the virus coming in contact with open wounds. Being in crowded spaces, inside of public facilities where others are not masking, contact with an unmasked person with less than 6 feet between you in an enclosed area, contact sports, sex, and dining in are all risks. Consider the scale of every interaction that everyone who you are coming into contact with have had with others leading up to the point of a gathering or close quarters interaction/event.

Ask yourself:

- "Are the people around me taking the necessary precautions to avoid transmitting COVID to others?"
- "Do the people around me know if they've been exposed?"
- "Am I or others around me wearing proper masks?"
- "Is it absolutely necessary for me to be here at this place/event?"



5: Testing "Nah bro its just allergies"

Many people in the greater public have stopped taking precautions to prevent the spread of Coronavirus which has increased the amount of avoidable exposures. This has resulted in fatal consequences. If you are not sure if you have been exposed, test every other week in order to allow proper incubation times. **If you have felt any symptoms of COVID-19 as detailed by the WHO, perform an antigen (rapid) test immediately. If results are negative follow up with an antigen every 48 hours for 5 days or get a PCR test as soon as possible. Always wear a proper mask (see section 7) especially if you have any symptoms of illness.** When one is exposed to Coronavirus there is a time frame that the virus has to grow and multiply inside of their body before they test positive. **This is an "Incubation period" which can take up to 5 days to grow. If you are exposed, it is best to test when/if symptoms begin or 5 days after exposure. You are most contagious the first 5 days of infection and up to two days before you test positive.** If possible, it is generally safe to isolate for 14 days. If it is not possible for you to isolate for 14 days then you will have to take a test on day 10. If you have not had a fever in 24 hours (without the aid of fever reducers like Acetaminophen), you should be less infectious than the beginning usually being infectious ends up completely subsiding after day 14. It is vital to avoid any contact with public spaces and events during this time.