

IPAK COVID-19 BACK TO WORK PLAN

Updated 4/7/2020

"It is essential that America keep her rights and liberties intact even in the face of the more dire threats." - Dr. James Lyons-Weiler, PhD

A series of bad decisions combined with reprehensible incompetence have severely hampered America's public health and medical response to COVID-19. These include (a) the decision made by unknown parties at the US CDC to not adopt available, previously validated tests to detect the SARS-CoV-2 virus; (b) the commensurate decision that CDC was to make "its own" test to detect the SARS-CoV-2 virus; (c) the failure of the US FDA to ease restrictions on the testing of asymptomatic individuals, and (d) the failure of the US FDA to ease restrictions on the use of 15-minute antibody tests for the detection of SARS-CoV-2 resistance by private American citizens in the safety and privacy of their own home.

To insure that American citizens can know their current status, and to empower them to help protect themselves and others from COVID-19 following SARS-CoV-2 infection, IPAK, The Institute for Pure and Applied Knowledge, a not-for-profit biomedical and policy research institute located in Pittsburgh, PA, has devised a protocol meant for immediate adoption as regulatory guidance from the US FDA for American citizens and the physicians of choice. This plan was communicated from by Dr James Lyons-Weiler, PhD, IPAK CEO, Director and President, to Department of Health and Human Services Secretary Alex Azar one full week ago 3/25/2020, in plain and simple terms, as follows:

Dear Sec. Azar,

Here are our URGENTLY RECOMMENDED "Back To Work" recommendations FOR IMMEDIATE ADOPTION.

I strongly recommend use of validated in-home testing w/lateral flow antibody assay such as that produced by Biomedomics.

(1) For all symptomatics: Two negative tests 1 week apart, back to work.

(2) For people w/past diagnoses: One negative test after being asymptomatic for at least 5 days.

(3) Asymptomatics who have been in contact w/a COVID- 19 case, two negative results 1 week apart.

(4) Asymptomatics never in contact with a COVID- 19 case, never tested, two negative results, 5 days apart.

(5) I URGENTLY RECOMMEND prophylactic antiviral use starting 1 day before back to work. There is no time to wait for validation by CDC, they are not reliable and we find their approaches antiquated and untrustworthy.

(Signed)

The benefits of this plan are multifold, and include:

- (1) The testing is rapid (15 minutes) (e.g., Biomedomics).
- (2) The testing, performed at home, protects patients from exposure to SARS-CoV-2 in the doctor's office.
- (3) The testing, performed at home, protects medical office staff and physicians from being infected by patients, and greatly reduces the use of PPE (personal protective equipment).
- (4) The plan protects and preserves liberties and rights of all Americans who can choose to test to know their status, and may choose to communicate their immune status to their doctors or employers if they so desire.
- (5) The option to offer and allow prophylactic antiviral use will reduce viremia in individuals who may have lingering infections and slow the spread of COVID-19.

The intended use of the timeframe to return to work is to allow time for an undetected infection to begin to show symptoms, and should be implemented as guidelines, and not codified as restrictions on liberties or freedoms.

Right now, American citizens cannot, under FDA regulations, know their own immune status privately. If American citizens are informed by their own choice of their status, and are given useful guidelines on how and when to self-quarantine, they can more quickly get back to work AND dramatically reduce the rate of spread of SARS-CoV-2.

An example guidance chart for consideration is found on the next page.

For more information, and for contact information, visit ipaknowledge.org

	ASYMPTOMATIC	ASYMPTOMATIC	ASYMPTOMATIC	SYMPTOMATIC	SYMPTOMATIC
	NO		EXPOSURE/ NO	EXPOSURE/	EXPOSURE/
<u>Isolation</u>	EXPOSURE	EXPOSURE	EXPOSURE	EXPOSURE	EXPOSURE
	IgM	IgM Positive,	IgM Negative,	IgM	IgM
Day	Negative,	IgG+	IgG +/-	Positive,	Negative,
	IgG -			IgG +/-	IgG +/-
1			End Isolation		Be polite.
2					Stay home
3					Until well
4					
5					
6					
7	IgM Re-Test	IgM Re-Test		IgM Re-Test	
	Day 7 IgM	Day 7 IgM		Day 7 IgM	
	Negative,	Negative,		Negative,	
	End	End		End	
8	Isolation	End Isolation		Isolation	
9					
10					
11					
12					
13	IgM Re-test	IgM Re-test		IgM Re-test	
14					
	Day 14 IgM	Day 14 IgM		Day 14 IgM	
	Negative,	Negative,		Negative,	
	End	End		End	
15	Isolation	End Isolation		Isolation	

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#IPAKBack2Work

NB: People who are IgG NEGATIVE are at risk of infection and should act accordingly