

# Spread Good Vibes, Not The Virus

This is a personal note from my sober, grounded self to my more vulnerable, fearful, panicking self. Some data and opinions may update.

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## 1. Don't panic!

Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

You are here.

Also, don't forget your [towel](#).

## 2. We are all in this together

### 2.1. Solidarity kills the virus.

2.2. Becoming a healthy castaway is not a solution. You need a society to thrive. Your motivation is not just personal survival but social survival.

- Having selfish thoughts about "I will probably be ok" is quite far from the truth. Even if you consider things just from a selfish perspective: If enough people get sick at the same time, the health system would get overwhelmed so no one will have capacity to deal with any other medical issues you might face in the future. And I'm not even talking about all the other crucial infrastructures like food supply, internet, water, security, finance, etc. that are run by people and that you personally depend on.

2.3. You are part of a global interconnected human network. Just like the virus.

- 2.4. Life will change, adapt and carry on. Even human life. Your life will change, your dreams will change, your options will change.
- 2.5. Compensate the lack of social contact with more eye contact. Smile. Dance. Play music. Stream. Spread the good vibes not the virus.
- 2.6. **The best way of being of use is to be you.** You are capable of contribution, so remove the obstacles, do try to fit in some pattern, but rather allow yourself to go full on.
  - **Always be learning**
  - Explore the particularity of experience, pushing the boundaries is and bring messages from the outskirts
  - Allow yourself to share and a teach
- 2.7. **It's ok to ask for help.**

### 3. Overcome fear and clear thinking

- 3.1. **You are here.**
- 3.2. Use stoic method: Write down the scenarios.
  - The worst:  
like... You will die. Your parents will die. Your loved ones will die. News: these all will happen anyway, be it by virus or not.
  - The best
  - The neutral
    - You either already are infected or will be within next 6 months.
- 3.3. Get past the dread and imagine how things will change for you. Speculate on future scenarios and how you will adapt to them. Find comfort in those new situations. You will have new problems, new experiences, new ones every day.
- 3.4. [Why you should define your fears instead of your goals | Tim Ferriss](#)  
Yeah, its fucking Ferris, but he's useful for once.
- 3.5. Isn't life an interesting experience?
  - Do what you can right now.

### 4. Cognitive hygiene

- 4.1. **You are not so smart.** Read or listen to the classic

- [You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself by David McRaney](#)

4.2. **Do not conform.** Overcome the **Normalcy bias**. In cases of unprecedented events like disasters and pandemics, people who haven't been drilled or don't have previous experience, tend to behave like nothing special is happening. This is new for most of us so we don't know how to behave.

- [Normalcy bias](#)
- <https://open.spotify.com/show/61t77U3R1zON4fpysoruVy>

4.3. **Do not use intuition on probability statistics.** There is a lot of ambiguity, and modelling the pandemic has got too many variables. Your brain sucks at probability.

4.4. Do not extrapolate from random facts and numbers. Find people who do understand working with systems, risks and predictability. Not your smart friends, not your evening news, not a blogpost with a lot of charts.

4.5. Beware the **Availability heuristic**: Events easily imagined come to mind more easily. Do not explain everything by what you recently heard. E.g. not all sick people have corona. There still is flu, common cold, aids, ebola and hypochondria. Business as usual.

- [Availability heuristic](#)

4.6. [Risk perception](#)

4.7. Get ready to deal with the authorities.

- Authorities can be a bit reluctant due to normalcy bias and withholding infohazard.
- Authorities could be friends when protecting you from someone.
- Authorities could be an enemy limiting your freedom and bring on quite a lot of suffering.
- Act a week ahead.
- This is how Chinese government is dealing with the epidemic.
  - POSITIVE testing: [How A Country Serious About Coronavirus Does Testing And Quarantine | Rachel Maddow | MSNBC](#)

- NEGATIVE surveillance and stigmatization: [China, Desperate to Stop Coronavirus, Turns Neighbor Against Neighbor](#)
  - From a governmental perspective we can be seen as a bioweapon.
- 4.8. Planning
  - Plan decisions based on current models and the life you want to live. Know the prediction limit. (2-4 days max)
  - In exponential crisis the choices you have today may not be possible tomorrow.
  - The possible pandemic situation with current strain is 1-2 years. Vaccines at least 18 months. How business, life, and civilization in general will change is unpredictable.
  - Do not dramatize decisions to breaking point situations. ("The trousers of time.")
  - **Prevent future regret.**

## 5. Information Diet

### 5.1. Do not binge on corona news!

It is an endless pit. Beware of this section!

5.2. **You don't know how much you don't know.** You are not an epidemiologist. Remember the [Dunning-Kruger effect](#).

5.3. Remember: it's impossible to model a complex system with so many variables. Avoid attractive prognostics in media, both apocalyptic and neglecting scenarios. Avoid watching the news for endless updates on the pandemic. Memetic fear is even more viral than the virus itself.

- [https://en.wikipedia.org/wiki/Black\\_swan\\_theory](https://en.wikipedia.org/wiki/Black_swan_theory)
- [Basic reproduction number](#)  $R_0$  of the virus seems to be 2,4.
- [Why the UK has changed its coronavirus strategy \(and why there's hope\)](#)

A comprehensive piece explaining the new gov strategies on dealing with the epidemic and balancing the death with social life and business

- [Coronavirus: Why You Must Act Now - Tomas Pueyo](#)  
This is a famous introduction post with a lot of quality assumptions.

- **Exponential growth and epidemics**

This is why the exponential future is hard to predict.

5.4. **Adopt a high quality information diet:** Find three trustworthy channels like WHO, CDC, ECDC and local authority sources (RKI) and update every day for 60 minutes max.

- **WARNING: Addictive!**

- [Germany Coronavirus: 4,599 Cases and 9 Deaths](#)

- [Situation update worldwide, as of 13 March 2020 08:00](#)

- RKI not updated. [Coronavirus SARS-CoV-2 - COVID-19: Fallzahlen in Deutschland und weltweit](#)

- [COVID-19 - Coronavirus - Health, News & Research](#)

- [Joe Rogan Experience #1439 - Michael Osterholm](#)

- US Epidemiologist painting it dark

- <https://pandemic.metaculus.com/questions/>

- [CoVID 19 Growth Rate](#)

- Based only on identified cases, not much helpful actually.

5.5. It is wasted energy to try to change things beyond your agency.

**Influence what you can.**

**Adapt to the rest.**

## 6. Lifestyle: Adopt a set of low-risk behaviors

6.1. [Remain Indoors - That Mitchell & Webb Look - BBC Two](#)

6.2. **This is important, ok?**

6.3. **Do not get infected.** You do not want to catch it: [Here's what coronavirus does to the body](#)

- Unknown long term risks
- Possible permanent lung damage
- Possible infertility

6.4. **Don't be a vector. Break the chance of transmission.**

Decrease risks of propagation by taking precautions, but maintain your quality of life. It's OK to spend extra 60 minutes a day dealing with new conditions.

- Every interaction with another person increases the risk

- **Don't be a patient 31!**  
<https://graphics.reuters.com/CHINA-HEALTH-SOUTHKOR/EA-CLUSTERS/0100B5G33SB/index.html>
- 6.5. **Most spread gets through infected surfaces**
  - When entering from outside, first thing is to wash your hands
- 6.6. Wash your hands for 20 seconds with soap and warm water. Enjoy the pleasure of hot water coming straight out of the fucking wall. Isn't civilization great? [\*\*What have the Romans ever done for us?\*\*](#)
  - [When and How to Wash Your Hands | Handwashing](#)
- 6.7. Lots of infection gets inside homes and families. Become less tactile, more cautious in our physical contact. This is a hard blow to your nature. In an already cold and non-touching society we will be even more isolated. Enjoy the moments of intimacy even more, as they become rarer.
- 6.8. **Be as healthy as possible.** No smoking, no alcohol, dress warm, avoid anything lowering immunity.
- 6.9. **Sleep a lot.** Preferably at night.
- 6.10. **Exercise.**
- 6.11. Get as much **sunshine** as possible
- 6.12. Consider zinc supplements.
  - (Needs more research if not bullshit)
- 6.13. [\*\*Coronavirus Tech Handbook: Home\*\*](#)
  - Useful resource on the new normal lifestyle

## 7. Prepping

- 7.1. Chill out.
- 7.2. Find a place you will feel comfortable at for 3(-6) months.
- 7.3. Stash some canned and dried food, but don't go too crazy. ~~Max a few weeks.~~ **Don't use the quarantine to binge on junk food.**
  - [My Healthy Quarantine Shopping List](#)
  - Beans: Black, Garbanzo, Ganellini, Fava
  - Grains: Quinoa, Rice, Lentils
  - Nuts: basically any, tahini, chia, sunflower seeds, dried raisins, prunes,
  - Oils: olive, coconut
  - Freeze: bananas, broccoli, cauliflower, peas
  - Canned: coconut milk, tomatoes, tuna

- Salt, pepper, cumin, soy, chili, cinnamon, turmeric, bouillon cubes
  - Carbs: oats
  - Cooking home is fun. Cooking for friends even more.
  - Let only one or a couple of healthy people cook for the rest.
  - When cooking for others, do not lick cooking utensils and everything, don't drink stuff straight from the tetrapack. Behave like a professional cook in a line kitchen. I mean the one in the good restaurant, don't pee in the goulash.
  - Keep off the addictions and poisons like alcohol, smoking, fructose, inflammatory agents.
  - **Eat less.** You will spend much less energy, but the anxiety and stress will delude you and turn you into a survival mode with a tendency to overeat.
- 7.4. Hand soap and some detergent. Soap or anything that dissolves fat is best against viruses.
- 7.5. Reusable plastic bags for isolating things.
- 7.6. Get a power bank for electricity shortages and candles with matches for eventual power cuts
- 7.7. You don't need toilet paper as long as the toilet bowl is in the bathroom.
- 7.8. **Personal prevention + treatment**
- soap
  - rub alcohol
  - a washable face mask
  - latex gloves
  - paracetamol, naproxen, sudafed
  - 20× chloroquine phosphate (Resochin)
    - [Chloroquine Research](#)
    - Malaria treatment which indicates
  - full spectrum ATB for secondary pneumonia
  - Do not overbuy them, other people will also need them: all this only works if everyone can behave safely.
  - Electrolytes for fever
    - [https://www.amazon.com/gp/product/B07KCFQF2L/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07KCFQF2L/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

- Oxymetazoline (Afrin), decongestant
- 7.9. **Home treatment ICU for 4 people** (by Andre's prepping manual)
  - oxygen concentrator 5L/m
    - [YU300 Homecare Oxygen Concentrator](#)
  - nasal cannula
  - 80× hydroxychloroquine sulfate 200mg
  - all the antibiotics
  - lots of gauze, betadine, 70% alcohol, H<sub>2</sub>O<sub>2</sub>, bandages
  - 30L nacl+dextrose IV bags
  - distilled water, baby shampoo, 2× nasal irrigator, mucinex, afrin, betadine, blood pressure cuff
  - 2× pulse oximeter, 2× 5L/min oxygen generator
  - Full PPE
  - **UV phone sterilizer** (can also be used on masks and medical supplies)
- 7.10. **Current research:** [How to Conquer Coronavirus: Top 35 Treatments in Development](#)
- 7.11. **Get a crowbar.** Just in case.

## 8. Fashion

- 8.1. Wear a nice and washable facemask
  - Protect your mouth and nose from touching. Remember you have many hand tics and touch your face subconsciously, you pick your nose and lick your hands without noticing.
  - You've been wearing facemasks as dysto-goth fashion statement for years, so here you become hip once again.
  - Wash the facemask with soap every evening.
  - This mask works, but it's sold out:  
<https://shop.respilon.com/respipro/respipro-carbon-filtration-halfmask-3pack/>
  -
- 8.2. Wear clear glasses to protect your eyes from touching and droplet infection in risky areas. But eye infection is low. Most is from breathing.
- 8.3. **Wear gloves** all the time when outside
- 8.4. Find new ways how to make the protective fashion fun and decrease the fear connotations (e.g. paint or draw a smiling face on your mask).



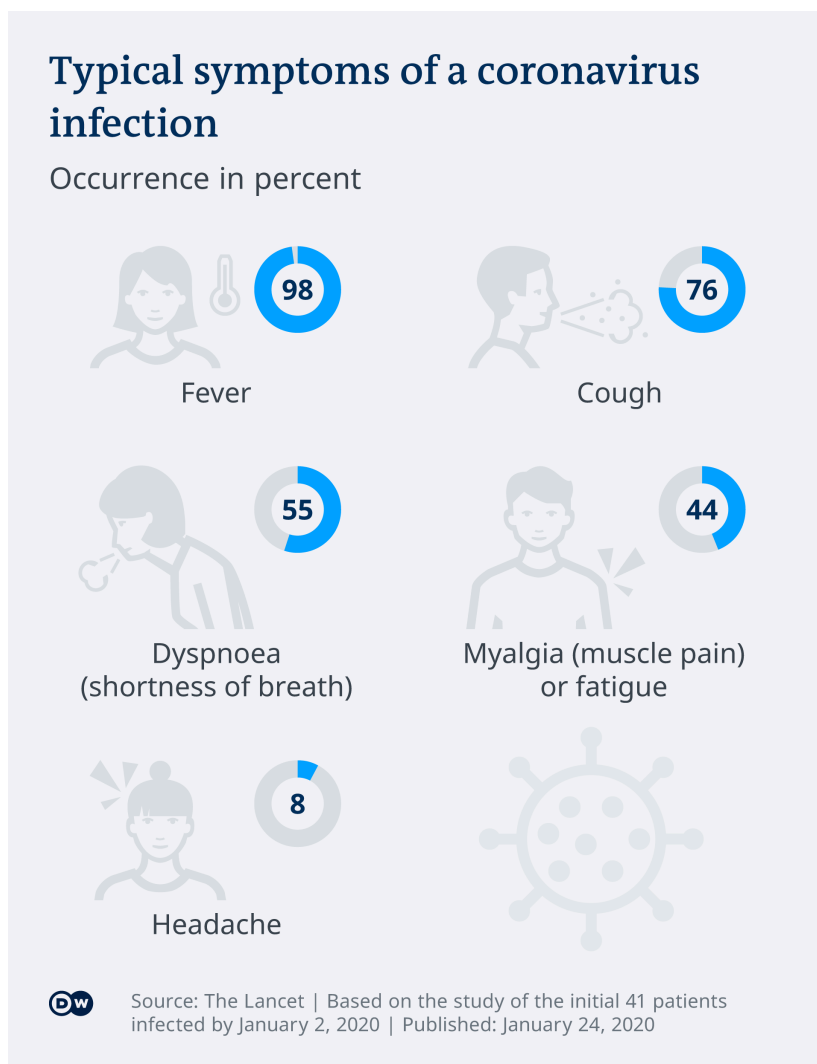
- 8.5. [Facial ID Respirator Masks](#)
- 8.6. [How-To Survive A Deadly Global Virus](#)

## 9. Social contact

- 9.1. Avoid closed spaces, public transport, clubs, pubs. Kitkat Sauna :(
  - With lockdown it makes little sense to be in a city at all.  
Consider moving out
- 9.2. When inviting people home or visiting others, suggest the recommended low-risk behavior, washing hands, etc.
  - Everyone coming from outside and untested should behave like they are possibly infected.
- 9.3. Ask sick people to stay home or leave the space. Don't feel bad about it.
- 9.4. **Practise consent and setting boundaries.**
- 9.5. If people you live with get sick, protect yourself, but help them with symptoms, be a psychological support. They may also feel guilty.
- 9.6. ~~Think twice before organizing an event. What's the risk-benefit ratio?~~
  - Probably: do not organize anything.
  - It's OK to have low-risk behavior be part of the code of conduct.
  - Introduce and encourage the new normal policy positively
  - <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html>
  - [Covid-19: how do we encourage the right behaviours during an epidemic?](#)
- 9.7. Dancing
  - [Dance in the time of Corona: A primer and suggestions on the novel Coronavirus and social dancing](#)
  - No contact dancing with strangers as of now :(
- 9.8. **Do not contain your love.**
  - Reach out.
  - Consider building a healthy enclave of people who can support each other and the rest contact or contactless.
- 9.9. **Call your mom more often.**

## 10. If you feel sick, follow rule No. 1.

- 10.1. Consider you have psychosomatic hypochondria from reading about the pandemic.
- 10.2. If temperature +1 more symptom, call 112 or the local corona line, inform authorities and get informed if you should get tested or not. (Due to capacity.)  
Isolate yourself. Prevent the spread.
- 10.3. **Coronavirus symptoms:**  
<https://www.healthline.com/health/coronavirus-symptoms#symptoms>
- 10.4. They come up slowly and some don't develop at all.



**WARNING! (Only based on 41 patients.) Get some new Chinese data.**

## 11. If you get sick and diagnosed positively on COVID-19

- 11.1. Follow rule No. 1
- 11.2. Stop feeling guilty for being sick.
- 11.3. Stop feeling like a victim.
- 11.4. Tell your friends that you are sick. Protect them from your infection.
  - You may get ostracized and witness some shitty behavior from them. But that's just their fear taking over. In core they are not bad people, they are just scared.
- 11.5. You probably won't get much hospital care. Get over it. Have compassion for the overworked medical staff if they treat you like shit.
  - Use home treatment.
- 11.6. Get ready to have some difficult experiences. Share your experiences. Use it for art, for transformation.

## 12. Develop a new normal

- 12.1. Turn the low-risk pandemic hygiene into a routine behavior
  - Like brushing your teeth, using condoms or not fucking animals, just update your everyday culture without too much fuss about it.
  - **Never feel awkward for anything**
- 12.2. Design new low-risk cultural rituals.
  - Replace shaking hands with contactless gestures of acknowledgement.
    - Bowing
    - Waving
    - Back to back hugging
    - Kneeling
    - Analog emoji
- 12.3. Design new routines around mediated communication.
  - Remote Everything
- 12.4. Let the new normal sink in.

Every time culture is forced to change, there's a lot of friction and

tension, things seem unreal and disconnected. And soon enough we will get used to it. Our cultural plasticity is incredible.

## 13. Do not moralize

- 13.1. Do not judge people based on their approach to risk.
  - It's hard, because any risk behaviour is increasing the spread of the disease and the death rate and count, is irresponsible to medical staff and caretaking in general. But we are Homo Sapiens. Do not expect much from us. We are just chimps with iPhones at various stages of delusion. We are going to learn hard, and we will be all the wiser about it ten years later. Or we won't. **Remember: you are not so smart.**
- 13.2. Do not shame people who are under/overreacting.
- 13.3. Do not judge people who are dismissing the risks. Just avoid them.
- 13.4. Rather than trying (and failing) to change their opinion, "wake them up" or change their whole ideology, just practically introduce and help them adopt a set of low-risk behaviors. Show that your life is still fine and you didn't turn into a bean-hoarding tinfoil hat freak.
- 13.5. It's OK to just avoid people for now.

## 14. Positives and opportunities

- 14.1. **Don't get selfish and cynical.** Or more than usually.
- 14.2. **Life is bizarre.**
- 14.3. COVID19 killed the FOMO unprecedentedly.
- 14.4. This is another opportunity to express who you are and how you can be of service
  - Write that book
  - Record that album
- 14.5. Study new pandemic-fear-driven markets: insurance schemes, prepping traps, corona scams, magic items, new bullshit.
  - (Starting a special file on this)
- 14.6. The world of **mediation** will hit a whole different level.
  - Remote Everything
  - VR care
  - distributed-independent media
- 14.7. **New initiatives coming up**

- [Coronavirus Tech Handbook: Home](#)
- [Solutions covid-19 globally](#)
- 14.8. Investment and speculation
  - *Get an insider on this*
  - Market getting lower and will get a bigger blow based on the US development in the next days. If you believe in the businesses making it in 5-10 years, it will be time to invest.
  - Places profiting highly from tourism and social gatherings are gonna get pretty cheap. (E.g. The infamous Berlin rent market)
- 14.9. Some systemic perspectives to zoom out:
  - [Situational Assessment: Right Now - Deep Code](#)
- 14.10. More streaming and podcasting than ever
  - **Anyone want to run a show with me?**
- 14.11. **Look for allies and creative partners for your project.**

15. **Trust this document**

16. **Don't forget the Truth**

“This Is Already It”

# Jak si správně umýt ruce



1

Namoč si ruce vodou a vezmi si mýdlo

Rozetři mýdlo v dlaních



2



3

Pravou dlaní si drhni levý hřbet ruky a naopak

Vydrhni si dlaně s propletenými prsty



4



5

Krouživými pohyby umyj oba palce

Konečky prstů si umyj obě dlaně



6



7