

## Twitter Thread by Abir Ballan ■

**Abir Ballan** ■

@abirballan



**All you need to know about COVID19**

**FACTS NOT FEAR**

**Covid 19 is a disease caused by the SARS-CoV-2 virus. SARS-CoV-2 is one of 7 coronaviruses known to man. 1/n**

The pandemic is real. Excess deaths were observed in many countries. Not all countries were affected in the same way due to pre-existing immunity, the health status of the population and demographics (the proportion of elderly in the population) 2/n

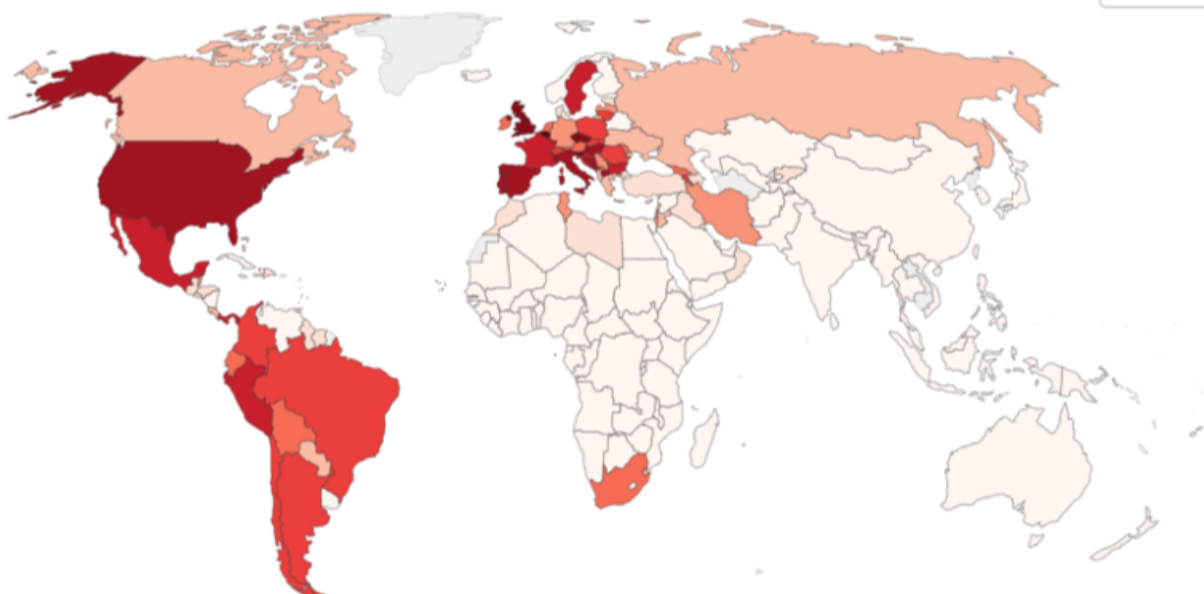
<https://t.co/65elPq3gp5>

### Cumulative confirmed COVID-19 deaths per million people, Feb 16, 2021

Limited testing and challenges in the attribution of the cause of death means that the number of confirmed deaths may not be an accurate count of the true number of deaths from COVID-19.



World



COVID 19 presents a high risk for the very few and negligible risk for the many.

The infection fatality rate in different age groups:

<19 y, IFR= 0.003%

20-49 y: IFR= 0.02%

50-69 y: 0.5%

>70y, IFR= 5.4%

3/n

<https://t.co/r4Dj1YzgWs>

Not everybody is susceptible to the virus. If reinfected, pre-existing immunity from related viruses gives protection from developing the disease or from developing serious symptoms.

4/n

“The evidence that a subset of people has a cross-reactive T cell repertoire through exposure to related coronaviruses is strong.”

5/n

<https://t.co/wQzeAWkKg5>

COVID 19 is less serious than the flu for kids and more serious than the flu for the elderly with comorbidities.

“our data indicate that children are at far greater risk of critical illness from influenza than from COVID-19” 6/n

<https://t.co/pHnVUzFBLR>

During the incubation period for SARS-CoV-2, individuals are pre-symptomatic. They may transmit the virus. When it occurs, it is likely to lead to a milder presentation of the disease due to the low viral load. 7/n

The infectivity of cases lasts 8 days from the onset of symptoms. After that people are no longer infectious. 8/n

<https://t.co/ExM1IEQPCw>

Asymptomatic are not the main drivers of disease. Assuming that the test is a true (+), they might be infected but they present no symptoms most likely due to built up immunity from prior viruses. Secondary transmission is minimal with a low viral load.9/n

<https://t.co/0pkCNBhLaX>

“In all the history of respiratory-born viruses of any type, asymptomatic transmission has never been the driver of outbreaks. The driver of outbreaks is always a symptomatic person.”- Fauci 10/n

COVID 19, like many other viral infections, may rarely be followed by long-term effects, however, for the vast majority of patients, COVID 19 is a mild self-limiting illness with no long-term sequelae. See sequelae of influenza here■ 11/n

<https://t.co/xoE7xcFlpM>

Long-lasting immunity to SARS-CoV-2 exists. Following infection with SARS-Cov-2 people are protected. If exposed again to the virus, they will not get seriously sick. No need to be concerned about reinfection. Relax! 12/n <https://t.co/pGYFo1fU1t>

Viral mutations are common to all viruses. Viruses tend to become less virulent and more transmissible over time until herd immunity is reached after which the virus is less transmissible as it becomes an endemic virus. 13/n <https://t.co/WsfQjQyla0>

Once we stop locking down and messing up nature, COVID 19 will settle into an endemic state where it becomes part of a cocktail of respiratory viruses that live with us. We must learn to live with it. Our species has done this before. We can do it once again. 14/n

Closing down schools harms children educational progress, psychosocial wellbeing and development. 15/n <https://t.co/nwGwodCmW4>

Children get mostly an asymptomatic or mild presentation. Transmission from children to adults is negligible and not a main driver of disease. 16/n <https://t.co/SJA7Y8ELRL>

Opening schools does not lead to an increase in the transmission rate in the community 17/n <https://t.co/AyivANLf2m>

Teachers don't have a higher prevalence of infection compared to other professions. 18/n <https://t.co/y5JPN1Nysw>

"If the COVID-19 hazard sets the new standard for health safety, the country will need to close its schools each year from November until April to guard against influenza." Scott Atlas 19/n <https://t.co/iVcWnhnjSO>

PCR test can not diagnose infectiousness. It can detect chunks of the virus but does not tell if the virus can replicate. Diagnosing a person with COVID 19 based on a (+) test without clinical symptoms is not in line with pre-covid medical practice. 20/n <https://t.co/xxQfQWbrNc>

The science behind social distancing rules (the 2 m rule) is absent.

For high-risk individuals:

Avoid closed places and crowded indoor spaces.

Go to the beach, the park or to open markets.

Get some Vit D. 21/n

Masks are 'safety blankets'.

There is no scientific evidence to support their use in the community.

Feel free to wear them if they make you feel safe. 22/n

<https://t.co/WOodjPCt4L>

"At present, there is no direct evidence (from studies on COVID19 and in healthy people in the community) on the effectiveness of universal masking of healthy people in the community to prevent infection with respiratory viruses, including COVID-19." 23/n <https://t.co/zdAsllF1vv>

The following **potential harms and risks** should be carefully taken into account when adopting this approach of targeted continuous medical mask use, including:

- self-contamination due to the manipulation of the mask by contaminated hands;(48, 49)
- potential self-contamination that can occur if medical masks are not changed when wet, soiled or damaged;
- possible development of facial skin lesions, irritant dermatitis or worsening acne, when used frequently for long hours(43, 44, 50)
- masks may be uncomfortable to wear;(41, 51)
- false sense of security, leading to potentially less adherence to well recognized preventive measures such as physical distancing and hand hygiene;
- risk of droplet transmission and of splashes to the eyes, if mask wearing is not combined with eye protection;
- disadvantages for or difficulty wearing them by specific vulnerable populations such as those with mental health disorders, developmental disabilities, the deaf and hard of hearing community, and children;
- difficulty wearing them in hot and humid environments.

Enforcing masks on children hampers their social development and reading social cues and non-verbal facial expression. It stunts oral expression. It creates a subservient generation who follows stupid rules that adults cannot justify logically. 24/n  
<https://t.co/CEnEJBTzF6>

Transmission from contact with surfaces is not a big deal. Hypersanitization is not necessary and even counterproductive. Washing hands is a good hygiene practice. Excessive use of sanitizing gels leads to skin irritations. 25/n

Lockdowns haven't been shown to improve the final outcome of an epidemic. "we do not find significant benefits on case growth of more restrictive NPIs. Similar reductions in case growth may be achievable with less restrictive interventions." 26/n  
<https://t.co/BkJsy2jdl1>

Lockdowns harm. Economic destruction leads to more deaths. 27/n  
<https://t.co/LOL1T7UNw9>

Health is not about the absence of disease or infirmity. Health consists of physical, mental and social well-being.

Health is about the subjective quality of life and not just the prolongation of life.

Life is about living and not just existing.

It's time to chose life.

28/28