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1. Covid 19 - Scientific explanation of the virus' structure and how its decay can be accelerated.
2. Letter with many useful links related to Covid 19
3. Covid Self Assessment tool - link at the end of this posting.

March 28, 2020 at 1:28:10 PM MDT

The following is from an Asst. Prof in infectious diseases at Johns Hopkins University,

- > * The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.
- > * Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- > * The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).
- > By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- > * HEAT melts fat; this is why it is so good to use water above 77 degrees Fahrenheit for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.
- > * Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- > * Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.
- > * Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.
- * NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.
- > * NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only
 - between 3 hours (fabric and porous),
 - 4 hours (copper and wood)
 - > -24 hours (cardboard),
 - > - 42 hours (metal) and
 - > -72 hours (plastic).
- > But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.
- > * The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.> They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

- > * UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.
- > * The virus CANNOT go through healthy skin.
- > * Vinegar is NOT useful because it does not break down the protective layer of fat.
- > * NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.
- > * LISTERINE IF IT SERVES! It is 65% alcohol.
- > * The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.
- > * You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- > * You have to Moisturize dry hands from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- > * Also keep your NAILS SHORT so that the virus does not hide there.

JOHN HOPKINS UNIVERSITY

From: "Weiler, Patrick - M.P." <Patrick.Weiler@parl.gc.ca>
Subject: COVID-19 Comprehensive Information Package
Date: March 26, 2020 at 3:02:06 PM PDT
To: "Weiler, Patrick - M.P." <Patrick.Weiler@parl.gc.ca>

Dear Friends & Neighbours:

The COVID-19 pandemic has created a public health emergency in our Province. Our priority is to keep Canadians safe and healthy while responding to quickly-evolving challenges. We face, among other things, an unprecedented:

- public health challenge to mitigate the worst impacts of COVID-19,
- economic and financial challenge to support workers and businesses through a prolonged downturn,
- peacetime consular and logistical challenge to repatriate Canadians, and
- immediate collective action challenge to prevent the spread of COVID-19.

The Public Health Agency of Canada updates its recommendations and directives to respond to fast changing circumstances. We must all follow the directives of federal and provincial public health officials, including Chief Public Health Officer Dr. Theresa Tam and Provincial Health Officer Dr. Bonnie Henry. The latest information on prevention, preparedness, and travel health advice can be found at canada.ca/coronavirus, by calling 1-833-784-4397, or at the BC Centre for Disease Control: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>, or by calling 811.

Our Government established the \$1 billion COVID-19 Response Fund to support the provinces and territories to fight the virus, including to procure supplies and support for services, by increased screenings and testing, and enhanced research and coordinated action among all levels of government.

The Federal Government put together the \$107 billion [COVID-19 Economic Response Plan](#), which provides \$52 billion in direct support to Canadian workers and businesses, plus \$55 billion through tax deferrals to stabilize the economy. We created a wage subsidy for businesses, waived the waiting period to qualify for EI and the Work-Sharing Program, are creating new programs to cover non-eligible workers, allowing for deferred mortgage payments, and much more. Notably, the Canada Emergency Response Benefit will provide \$2000/month to Canadians without pay due to COVID-19.

Businesses can download the [Canada Business App](#) to find tailored support, and they should contact their bank to access the up to \$300 billion in loans we have made available. More help is forthcoming for specific sectors of the economy that are suffering as a result of COVID-19.

Strict travel restrictions are now in place for foreigners coming to Canada, and countries around the world have enacted strict restrictions on both domestic and international travel. We continue to request that Canadians come home so that they can be safe here. All Canadians abroad should register with the [Registry of Canadians Abroad](#), seek commercial flights home, and check the entry/exit requirements of the countries through which they will transit. An [emergency loan](#) is available to help Canadians abroad, and our team is working hard with consular services to help get all of our community members get home. All Canadians returning home from abroad must go straight home from the airport and isolate for two weeks.

The only way we avoid the worst effects of the pandemic is if we all play our part. That means observing good hygiene practices, keeping two metres of social distance from others, and completely isolating yourself for two weeks if you show any symptoms. If you feel ill and do not know what to do, use the new online [COVID-19 Self Assessment Tool](#). Be kind and help one another. We will get through this together.

Our office is here to help you through this difficult time. Please reach out by phone at 604-913-2660 or by email at Patrick.Weiler@parl.gc.ca.

Please visit my social media platforms for immediate updates:

www.instagram.com/patrickbweiler

<https://twitter.com/PatrickBWeiler>

<https://www.facebook.com/PatrickBWeiler/>

Our website www.patrickweiler.libparl.ca should be operational by Friday April 3rd

Official Health Information on COVID-19

Be cautious of information you read about the virus online. Stick with reputable sites such as:

- [Public Health Agency of Canada](#)
- [Vancouver Coastal Health](#)
- [BC Centre for Disease Control](#)
- [Health Canada](#)
- [World Health Organization](#)

Further:

- Call 8-1-1 for Health concerns or if you are sick.
 - Call 1-888-268-4139 for COVID-19 related questions.
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Individual Actions We All Must Take

It is incumbent upon us all taking reasonable and sensible precautions to prevent the spread of COVID-19. Slowing the infection rate is essential to allow our healthcare system to effectively manage increased demands. We are all at risk, particularly those with compromised immune systems and the elderly. Our actions impact all those in our family and the wider community.

We must all follow good hygiene practices and social distancing.

Good hygiene practices include:

Effective hand washing for 20 seconds with soap and hot water and social distancing are the best ways to slow transmission.

Social distancing means that you always maintain 2 metres distance from those outside your household, do not gather in groups, and stay home as much as possible. This does not mean you should not go outside to get fresh air, but you should ensure that you keep 2 metres distance from others when you do so.

Please avoid unnecessary visits to emergency departments. Testing for persons experiencing respiratory distress must take priority.

Travel Advisories & Border Control

[Travel advisories](#) and border control directives are issued by the Government of Canada.

The Government of Canada issued orders which prevents certain travelers from boarding international inbound flights to Canada. This includes:

- Updated provisions banning entry of foreign nationals by air travel from all countries, with some exceptions;
- new measures directing air carriers to notify foreign national air travellers coming from the United States of the new border measures. Passengers must be advised that, even if they are permitted to board the aircraft, they may be prohibited from entering Canada under any emergency order made pursuant to the *Quarantine Act* - such as if they are exhibiting any symptoms of COVID-19; and
- Requiring passengers to confirm they are aware of the new measures and that, to the best of their knowledge, they are not prohibited from entering Canada.

Mandatory Self-Isolation

Returning travellers from abroad must go directly home and self isolate for two weeks, whether or not they are showing symptoms. This means they must go straight home, not making any stops, and having all groceries and other necessities delivered. Failure to comply is now an offence under the Quarantine Act. Maximum penalties include a fine of up to \$750,000 and/or imprisonment for six months.

COVID-19 Emergency Loan Program

- To help Canadians abroad return home, the Government of Canada has created a special financial assistance program, the COVID-19 Emergency Loan Program for Canadians Abroad.
- With this program, Canadians abroad directly impacted by COVID-19 have the option of applying for an emergency loan of up to \$5,000 to help secure their timely return to Canada and to temporarily cover their life-sustaining needs while they work toward their return.
- Information on how to apply for the COVID-19 Emergency Loan can be found [here](#)
- **IMPORTANT:** You should only complete a Loan Request Form after corresponding with a representative of Global Affairs Canada having directed you to this form. If you have not been directed to this form by a representative of Global Affairs Canada, your loan request will not be processed as you will not have a case number. This is necessary to ensure that these loans reach those they are targeted to help.

Government Support for Workers

No one should have to worry about paying rent, buying groceries, or additional childcare because of COVID-19.

For this reason, on March 18th, we released an economic response plan to provide immediate help to those Canadians and businesses most in need. This plan includes

\$27 Billion in direct support for Canadian workers and businesses plus an additional \$55 billion in tax deferrals that will help to support Canadians families across the country. For more information on these measures please see <https://www.canada.ca/en/department-finance/economic-response-plan.html> and the enclosed FAQ on support for workers.

The package of measures includes:

- the **Canada Emergency Response Benefit** will provide \$2000/month to Canadians that are without pay due to COVID-19, including:
 - those who do not have access to EI sickness benefits but who are ill, must take care of a family member or who have children that require supervision
 - those workers who are not eligible for EI and who are facing unemployment as a result of COVID-19 [beginning early April, administered by the Canada Revenue Agency, and available through an attestation form]
- Enhancement of the GST credit for low and modest income families - \$400 single adults, \$600 for couples [automatic - beginning May]
- A Canada Child Benefit top up - \$300 per child added on top of what is presently received [automatic - beginning May]
- Mortgage payment deferrals for those facing financial difficulties for up to six months for both CHMC insured mortgages and mortgages through the six largest banks [available immediately - please contact your bank plan to access the benefit]
- Placing a six-month interest-free moratorium on the repayment of Canada Student Loans for all individuals currently in the process of repaying these loans [automatically available - from March 30-September 30, 2020]
- Reducing required minimum withdrawals for Registered Retirement Income Funds (RRIFs) by 25% for 2020 to provide flexibility for seniors [available immediately]
- Providing \$157.5M to the [Reaching Home](#) to support people experiencing homelessness during the COVID-19 outbreak
- Supporting women and children fleeing violence, by providing up to \$50 million to women's shelters and sexual assault centres to help with their capacity to manage or prevent an outbreak in their facilities.
- Providing \$305 million for Indigenous Community Support to address immediate needs in First Nations, Inuit, and Métis Nation communities.
- Income Tax payments deferred from April to Sept 1 2020

The Province of BC recently announced that it will:

- Allow workers to take unpaid leave if they are unable to work for reasons relating to COVID-19 [retroactive to Jan 27, 2020]
- Allow workers to now have three days of unpaid, job-protected leave each year for people who cannot work due to illness or injury [permanent change]

- Boost to BC Climate Action Tax Credit [automatic - July 2020]
 - Provide a rent supplement of \$500 to be paid directly to landlords [upon application]
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Support for Canadian Businesses

Over the last two weeks, the Government of Canada announced several measures to support SMEs that have been impacted by COVID-19. Please see the [Canada Business App](#) and [enclosed FAQ on support for SMEs](#).

- Providing a temporary 10% [wage subsidy for small businesses](#) for a period of three months, up to a maximum subsidy of \$1,375 per employee and \$25,000 per employer [automatic and immediate by reducing their remittances of income tax].
- Extending the [Work Sharing Program](#) from 38 to 76 weeks to provide income support to workers who have a reduced work week [available immediately upon [application](#)]
- \$10 billion of support to businesses was made available through the Business Credit Availability Program through the Business Development Bank of Canada (BDC) Business and Export Development Canada (EDC). Under this program, BDC and EDC will cooperate with private sector lenders to coordinate financing and credit insurance solutions for Canadian businesses. This will allow BDC and EDC to provide more than \$10 billion of additional support to businesses. [available immediately - contact [BDC](#) and [EDC](#)]
- \$300 billion of lending by Canada's large banks was made available to SMEs by the Office of the Superintendent of Financial Institutions (OSFI), lowering the Domestic Stability Buffer by 1.25% of risk-weighted assets, effective immediately. Banks have made a commitment to work with personal and small business banking customers on a case-by-case basis to provide flexible solutions to help manage through challenges such as pay disruption due to COVID-19 [available immediately - contact your bank].

The Bank of Canada cut interest rates to 0.75% as a proactive measure in light of the negative shocks to Canada's economy arising from the COVID-19 pandemic and the recent sharp drop in oil prices.

Farmers, food producers and people across the agri-food sector play a crucial part in our fight against COVID-19. This is why we:

- Are opening up \$5 billion in additional lending capacity through Farm Credit Canada. Farmers and food processors can get more information [here](#).
- Eligible farmers who have an outstanding Advance Payments Program (APP) loan due on or before April 30 will have an additional six months to repay the loan.

The Province of BC has enabled:

- BC Hydro bill deferral & payment plans available [Call 1-800-BC-HYDRO].

- Deferral of the payment for the following BC business taxes until after Sept 30: Employer health tax (EHT), provincial sales tax (PST), municipal and regional district tax, tobacco tax, motor fuel tax, carbon tax. Scheduled April 1 increases to provincial carbon tax and PST are delayed [automatic].
 - 50% cut to the school for business and industry property classes, to be passed onto tenants on triple-net leases [automatic].
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Support for Vaccines and Countermeasures

In addition, the Government of Canada established a COVID-19 [Response Fund](#) of more than \$1 billion that includes.

- \$27 million for coronavirus research and \$275 million to help develop a vaccine
- \$500 million additional funding to the Provinces and Territories to strengthen health care systems and supplies
- \$150 million to First Nations and Inuit communities
- \$50 million for surgical masks, face shields and isolation gowns
- \$50 million to the Public Health Agency of Canada for public education
- \$50 million to the World Health Organization and partners

The Government of Canada also announced efforts to mobilize our world-class research institutions and scientists to fight COVID-19, including:

- \$192 million to directly support vaccine development and production in Canada, as part of our \$275 million in funding for coronavirus research and medical countermeasures
- The funding will be used to advance projects that are already underway by university researchers and others to respond to COVID-19, and ensure domestic supply of potential vaccines.
 - AbCellera, a Vancouver-based biotech company that has built the world's leading technology for antibody discovery, is at the forefront of developing antibody-based drugs to treat and prevent COVID-19. AbCellera was the first company in North America to receive a sample from a convalescent patient, and within days identified over 500 human antibodies that are candidates for development as a treatment. The company has partnered with global biopharmaceutical company Eli Lilly to rapidly manufacture and distribute a treatment with the goal of beginning clinical trials in July 2020.

COVID-19 Self Assessment Tool

To help reduce the burden on phone lines, there is a new online [COVID-19 Self Assessment Tool](#) that you can use if you feel ill and do not know what to do.

Lions Gate Hospital

Lions Gate Hospital is moving to Outbreak Response Phase 3, which means the hospital will accept only emergency patients. Lions Gate Hospital is also preparing to open a dedicated COVID-19 unit to provide care to those with the virus. These measures will help us redeploy and train staff, and ensure sufficient medical supplies to respond to the potential for a surge of COVID-19 patients requiring acute care.

Official News Updates for BC

There are regular updates coming from the Ministry of Health and Provincial Health Officer Dr. Bonnie Henry, that include advice for the public. Here's how you can stay up-to-date on the most recent news:

- **Official Government of Canada News Releases:** [Government of Canada News Releases](#)
 - **Official BC Government News Releases:** [BC Government News Releases](#)
 - **Official Twitter Accounts** can often be the fastest way to get the latest information:
 - Health Canada: [@GovCanHealth](#)
 - Canada's Minister of Health: [@pattyhadju](#)
 - BC Centre for Disease Control: [@CDCofBC](#)
 - Vancouver Coastal Health: [@VCHhealthcare](#)
 - BC Minister of Health Adrian Dix: [@adriandix](#)
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Municipality Closures:

- West Vancouver [updates](#)
- Squamish [updates](#)
- Whistler [updates](#)
- Pemberton [updates](#)
- Sunshine Coast [updates](#)
- Lions Bay [updates](#)
- Islands Trust [updates](#)
- Squamish-Lillooet Regional District [updates](#)
- Bowen Island [updates](#)
- Gibsons [updates](#)
- Sechelt [updates](#)

We can all do our part to #FlattenTheCurve by:

- Wash your hands frequently with soap and water for 20 seconds
- Sneeze/cough into your elbow
- Avoid touching your face
- Stay home if you're feeling ill, even if it's not COVID-19
- Avoid usual greetings like handshakes, hugs, kisses

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Sincerely,

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