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The greatest thing we have to fear from CoVid-19.

This coronavirus is behaving exactly like a virus. By that we mean it is transmitted in specific ways: it attaches to certain tissues within the body and its goal is not to kill its host but to survive within the host.

If we knew nothing more, that should be enough to calm our fears and promote cooperation among all of us: that should be enough to halt the run on store products and stop the price gouging of tissue, hand cleaner and other items; and while calmly promoting restoration of the stock market, the world economy, and our countries.

Why?

Because this is not some unknown enemy attacking us that we don't know how to deal with.

This virus is transmitted by people sneezing or coughing on you. Masks are for those people who are coughing and sneezing—for them to wear to reduce their coughing or sneezing their virus upon you—not for you to wear when you're not the one coughing or sneezing. This behavior of everyone wearing masks doesn't stop the spread; in fact it may increase the potential for warm moist areas for the virus to survive and it promotes unnecessary fear.

(1) A major method of spreading the virus includes touching your face with your hands and then spreading the virus by touching others, as well as increasing the likelihood of further infecting yourself with more of the virus. As Ignaz Semmelweis demonstrated more than 150 years ago, hand washing (hand soap) dramatically reduces the transmission of pathogens from person to person.

(2) The virus attaches itself to the lungs and GI track, where IgA is primarily responsible for addressing immunologic responses. This means we know what to look for and what to treat, allowing those who are sickest to be best-taken care of. This is why we see the elderly immune-compromised and those with heart and lung problems most susceptible.

(3) Viruses don't try to kill their host. If they were successful at that, it would prevent them from reproducing themselves and surviving.

CoVid-19 also presents us with the opportunity to learn and potentially develop new treatments for IgA disorders, CAD, and cancer.

This is not some unknown invader which we need to fear. This is a virus with all the limitations of a virus—not a zombie apocalypse.