

7. THE GOOD NEWS: You don't have to do this alone!

There's an ever growing group of covid conscious comrades & cuties all over the world. They can be found both in meat space and in the digital realm.* That's pretty rad, right? & while we're on the subject of not having to mask alone, labeling those who mask in public "sheep" when they're very much going against the grain of the current maskless majority makes the opposite of sense. BUT as Amerikanuaks/people with Basque heritage we feel very seen and ultimately complimented by this so carry on with your nonsensical name calling, silly folks.



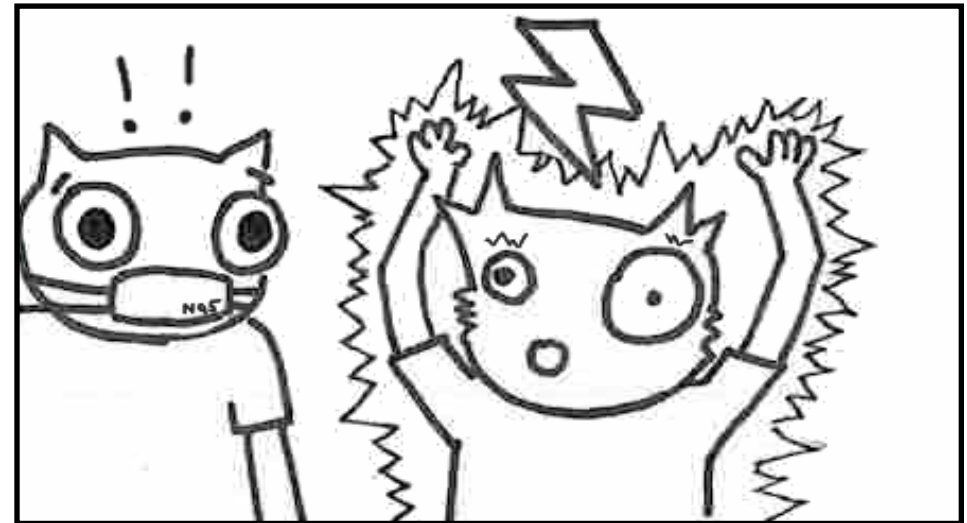
* Disclaimer: connecting with other COVID/contagion conscious cuties can cause a serious case of the Community Care Cozies. Don't say we didn't warn you.

Citations:

- 1.1) Rachel S. Gross, MD, MS; Megan Carmilani, MD; Melissa S. Stockwell, MD, MPH. "Long COVID in Young Children, School-Aged Children, and Teens." JAMA Pediatrics, May 27th, 2025. <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2834486>
- 1.2) Benjamin Bowe, Yan Xie & Ziyad Al-Aly. "Acute and postacute sequelae associated with SARS-CoV-2 reinfection." Nature Medicine, November 10th, 2022. <https://www.nature.com/articles/s41591-022-02051-3>
- 1.3) Baran Erdik and Derek Homrich. "Driving Under the Cognitive Influence of COVID-19: Exploring the Impact of Acute SARS-CoV-2 Infection on Road Safety." Neurology Journals. October 8th, 2024. <https://www.neurology.org/doi/10.1212/01.wnl.0001051276.37012.c2>
- 1.4) Andrew G Ewing, Spela Salamon, Estherisa Pretorius, David Joffe, Greta Fox, Stephanie Bilodeau, Yaneer Bar-Yam. "Review of organ damage from COVID and Long COVID: a disease with a spectrum of pathology." Medical Review. July 2, 2024. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11834749/>
- 1.5) Various Authors. "Impact of COVID-19 on minoritized and marginalized communities." American Medical Association's "Healthy Equity" Article Series. October 7th, 2020. <https://www.ama-assn.org/delivering-care/health-equity/impact-covid-19-minoritized-and-marginalized-communities>
- 1.6) Bruce Y. Lee. "World Economic Forum: Here Are All The Covid-19 Precautions At Davos 2023." Forbes. January 21st, 2023. <https://www.forbes.com/sites/brucelee/2023/01/20/world-economic-forum-is-taking-all-these-covid-19-precautions-at-davos/>
- 1.7) Sheyam Gheith and Rimo Skyo. MASK UP, WE NEED YOU: Palestinian Solidarity, Covid-19, and the Struggle for Liberation. Zine. <https://rimoskyo.com/shop/p/mask-up-we-need-you-palestinian-solidarity-covid-19-and-the-struggle-for-liberation>
- 1.8) Worldwide Mask Directory: <https://maskbloc.org/>
- 1.9) Leah Boulos, Janet A Curran, Allyson Gallant, Helen Wong, Catherine Johnson, Alannah Delahunty-Pike, Lynora Saxinger, Derek Chu, Jeannette Comeau, Trudy Flynn, Julie Clegg, Christopher Dye. "Effectiveness of face masks for reducing transmission of SARS-CoV-2: a rapid systematic review." Philosophical Transactions. August 24th, 2023. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10446908/>
- 2.1) Qiuyue Ma, PHD; Jue Liu, PHD; Qiao Liu, BD; et al. "Global Percentage of Asymptomatic SARS-CoV-2 Infections Among the Tested Population and Individuals With Confirmed COVID-19 Diagnosis." Jama Network. December 14th 2021. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2787098>

The SHOCKING Truth about CoViD

(& WHAT WE CAN DO ABOUT IT!)*



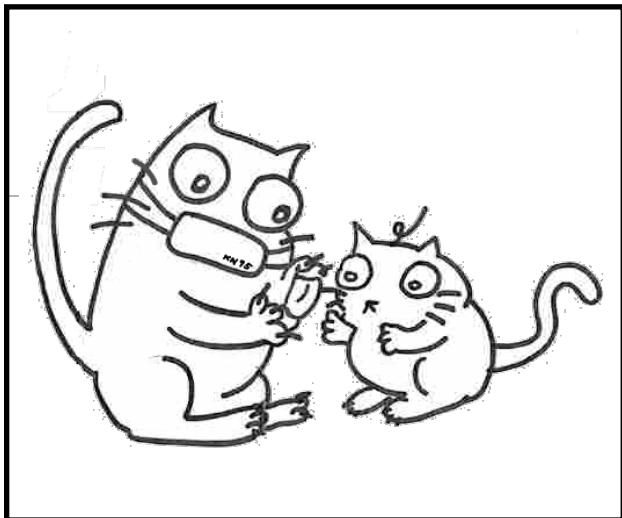
* AKA: Friends Fight Fascism <3

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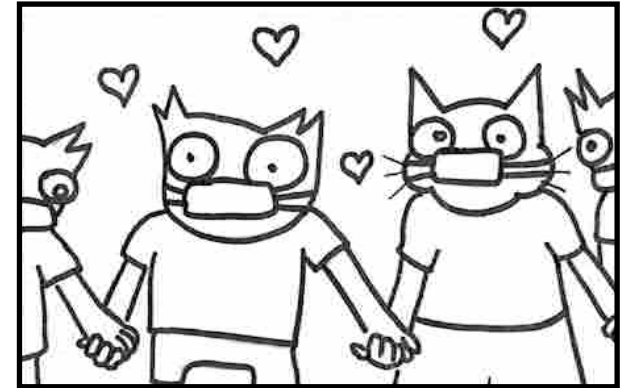
1. LONG COVID IN KIDS: has now surpassed asthma and all other diseases to become the #1 childhood chronic illness in the U.S (citation 1.1)

That's really very concerning, no? We must remember that we were/are all kids once, relying on the adults in the room to keep us safe and healthy with the most up to date info available. Imagine finding out the people who are supposed to protect us decided that eating INSIDE restaurants and pretending everything is "back to normal" while the world crumbles around us was far more important than our lives, health, and futures? YIIIIKES... So now that we know a little more about what's at stake we can all do our part to help safeguard kiddos futures & start taking this seriously enough to act. OK? OK!



6. MASK UP AGAIN, WE NEED YOU!
*(Cit 1.7)

Ugh, we know.
So annoying, right?

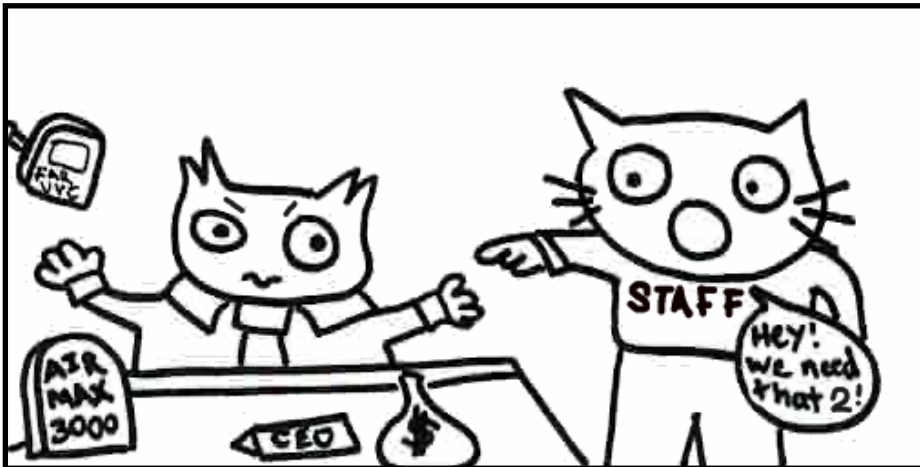


But what's far more annoying & just really gross behavior is helping the government do their dirty work of erasing vulnerable groups from society by choosing to not contribute to a safe environment for us all. (EW.) Because while we organize & demand better protections and clean air infrastructure for all, we MUST also use the most widely available, accessible & effective tool we have at hand- which is wearing a dang mask! Mask bloc orgs are a great resource for this and can be found in your area here: (Citation 1.8) P100/N95/KN95/KF94s offer the most robust protection, but the best option is to wear whatever you have access to that seals to your face well with no leaks (Citation 1.9) - & not only @ protests or if you feel sick, as over 50% of cases are spread asymptotically (Citation 2.1) So if you can but don't mask everywhere then you very well could be spreading illness any and everywhere you go. Which is disgusting! OMG! Please stop doing that right now!

5. MITIGATION STATIONS: Building up our protection, monitoring strategies and clean air infrastructure in public spaces is one of the best ways to help us get us out of this mess long-term: think better access to reliable tests, Far UVC lighting, air purification, filtration, & ventilation.

You only need to look at the stringent mitigation protocols put in place in Davos at the 2023 World Economic Forum to see what's possible & for that matter what the richest people on our planet have required where they gather to keep themselves healthy (Citation 1.6).

This is exactly the sort of disease protection we and our communities deserve as well & what we can fight for together to make a reality when we decide to make public health a non-negotiable priority again. So let's get on that for goodness sake!!

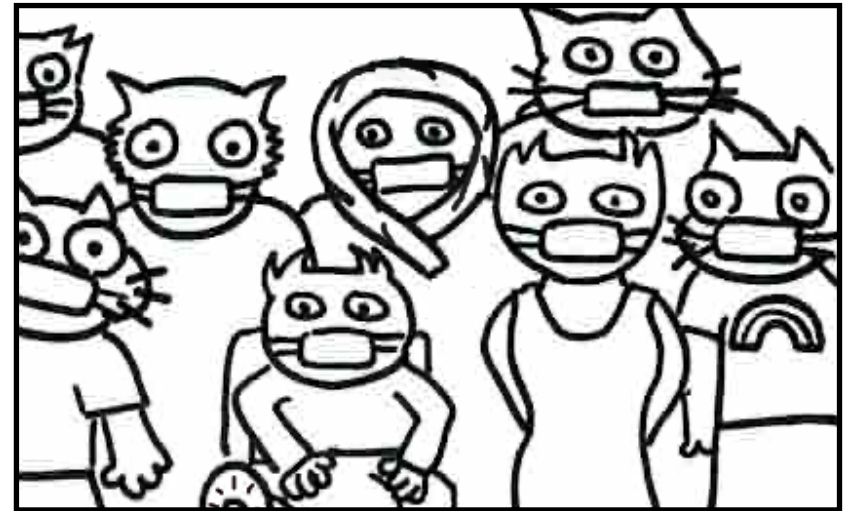
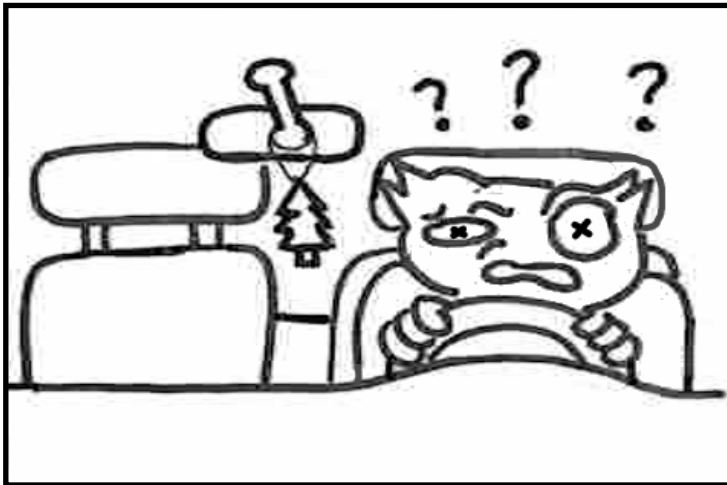


2. A TIPPING POINT: Just because you've been infected however many times already & have so far come out unscathed does NOT mean that's likely to continue. This is because, regardless of vaccination status, THE DAMAGE FROM EACH COVID INFECTION IS CUMULATIVE!! :/ (Citation 1.2). Which really does not bode well for our collective futures, considering how many infections many people have had by now. And for many of us, sadly, it can take only that one next infection to become permanently disabled. Much like a game of Russian roulette, every reinfection is like a game of chance with your life and health. OH NO! But at least once we know better we can do better, yeah? So let's get it together for your & all of our future selves, friendo. Because every infection dodged is a worthwhile effort and means that there's hope for our collective health and a better future for all.

3. UNDER THE INFLUENCE: Driving while infected with Covid is akin to driving drunk! (Regardless of vaccination or Long Covid status.) WHOA. & before you @ me bro, this is not merely an opinion but a now studied and documented phenomenon. (Citation 1.3)

This may sound pretty extreme unless you've been keeping up with the many studies done since 2020 documenting the myriad negative effects of the virus on humans. In that case this is actually not very surprising, considering COVID impacts literally every body system & causes organ damage. And there are now mountains of evidence showing the extensive damage it causes to the neurological system specifically. (Citation 1.4)

GULP! Suffice to say, covid is most certainly NOT a cold. And we have to stop treating it like one.



4. IT'S ALL CONNECTED, MAN!!

Covid disproportionately impacts already marginalized groups including trans, queer, disabled, poor, black and indigenous people, women & immigrants. (Citation 1.5)

There's a reason the government's ongoing public health policies are attempting to erase any bit of factual info about the virus's ill effects from the general public's mind: it hits hardest the groups they historically also try to erase from society through oppressive laws, policies, structures & actions. So by choosing to care about this enough to change your behavior & not allowing yourself to be another careless vector passing on this still deadly & disabling virus to others you are actually putting your newfound knowledge into action for the common good. And that's freaking awesome, buddy!