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To people affected
Their doctors and carers
To Media

Zürich 4th October 2020

Ref. Covid-19: Zugzwang: The necessary social debate regarding a strategy to achieve herd immunity

Dear contemporaries

As Raj S. Bhopal of the Edinburgh Migration Ethnicity and Health Research Group notes, a debate should now take place about the strategy of society against the Covid-19 pandemic, which involves the entire population with its various groups. In view of the ongoing mutation of this virus, which may appear in the form of new strains with higher virulence, and the difficulty in developing vaccines to successfully protect older people with chronic illnesses without serious side effects, he calls for an overall strategy that specifically protects individual groups, involves those who have recovered with effective antibodies and enables adolescents, who rarely go through a severe course of the disease, to develop immunity through building antibodies against the virus in order to finally achieve a so-called herd immunity against the virus.

[\[HTML\] COVID-19 zugzwang: potential public health moves towards population \(herd\) immunity](#)

[\[HTML\] sciencedirect.com](#)

As a study from Mumbai shows, around 57% of the slum residents there, who were unable to carry out social distancing due to very limited spatial conditions, have effective antibodies against SARS Cov-2, while only around 17% of those who do not -Slum residents in Mumbai is the case. How high our immunity to Covid-19 through antibodies and other mechanisms is, could only be examined in a few studies that speak of a possible 20% including the dark figure.

[SARS-CoV2 Serological Survey in Mumbai](#)

[SARS-CoV2 Serological Survey in Mumbai by NITI-BMC-TIFR ...](#)

As a study on the characteristics of Covid-19 patients at home and in institutions from the USA shows, according to their statements 45% of sick family members and 34% of work colleagues are infected with the virus, with only a few being infected. Have the opportunity to work in the home office and have met people outside of the office daily or two to three times a week.

30% of the respondents indicated a cardiovascular disease, 29% high blood pressure, 3% an arterial disorder, 3% a cardiac rhythm disorder, 20% a lung disease, 15% diabetes, 20% overweight, 4% a chronic kidney disease and 3% chronic liver disease, 8% auto-immune disease such as rheumatism, 8% neurological disorder, 5% blood disorder, and 4% mental disorder. Comparable studies from around the world show similar results.

[\[HTML\] Characteristics of Adult Outpatients and Inpatients with COVID-19—11 Academic Medical Centers, United States, March–May 2020](#)

[\[HTML\] nih.gov](#)

[PDF\] COVID-19 Related Deaths in an Urban Academic Medical Center in Brooklyn—A Descriptive Case Series](#)

[\[PDF\] researchsquare.com](#)

[Presenting characteristics, comorbidities, and outcomes among 5700 patients hospitalized with COVID-19 in the New York City area](#)

[\[HTML\] jamanetwork.com](#)

[The Characteristics of 50 Hospitalized COVID-19 Patients With and Without ARDS](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7171478/>

It becomes clear that patients who show a storm of inflammatory messengers (cytokine storm) usually have previous illnesses such as diabetes mellitus, obesity, cardiovascular diseases and chronic lung diseases. They need artificial respiration, whilst many other patients only need an oxygen supply for a longer time.

Vorläufige Bewertung der Krankheitsschwere von COVID-19 in Deutschland basierend auf übermittelten Fällen gemäß Infektionsschutzgesetz

<https://edoc.rki.de/handle/176904/6637>

Case characteristics, resource use, and outcomes of 10021 patients with COVID-19 admitted to 920 German hospitals: an observational study

<https://www.thelancet.com/action/showPdf?pii=S2213-2600%2820%2930316-7>

As it now turns out, it is proving difficult to produce effective and safe vaccines that protect the elderly safely. As has been shown in animal experiments for the development of such vaccines, there is also the risk that they can trigger Th-2-associated lung pathology.

[PDF] Vaccines for COVID-19: perspectives, prospects, and challenges based on candidate SARS, MERS, and animal coronavirus vaccines

[PDF] [emg-health.com](https://www.emg-health.com)

Accordingly, experts demand that all necessary experimental studies must be carried out with larger groups of people.

News Feature: Avoiding pitfalls in the pursuit of a COVID-19 vaccine

[HTML] [pnas.org](https://www.pnas.org)

The Coalition for Epidemic Preparedness Innovation (CEPI), an international non-governmental organization supported by the Wellcome Trust, the Bill and Melinda Gates Foundation, the European Commission, Australia, Belgium, Canada, Ethiopia, Germany, Japan Norway and England to support the development of vaccines against 5 pathogens that are high on WHO's priority list cannot change this.

[HTML] Developing Covid-19 vaccines at pandemic speed

[HTML] [nejm.org](https://www.nejm.org)

Some of the nucleoside analogues released today, which are still in the test phase, can cause permanent side effects, as various studies from their use in AIDS patients have shown.

[HTML] COVID-19: Progress in diagnostics, therapy and vaccination

[HTML] [nih.gov](https://www.nih.gov)

The transfer of antibodies from the convalescent to the currently ill is proving to be an effective therapy, while the main focus of research is concentrated on the development of vaccines.

After the media has been hammering us since the beginning of the Covid-19 pandemic that only a vaccine that would be available towards the end of the year could be the solution to the problem, we are now told that a vaccine cannot offer complete protection for everyone, that it would be associated with serious side effects and cannot not permanently solve the Covid-19 problem. Leading experts continue to give us hope for a safe and effective vaccine, until its arrival we should keep our distance, wear protective masks, observe quarantine measures and operate contact tracing.

Preventive, immune system supporting therapies for vulnerable population groups (young, elderly and old people with diseases such as diabetes, obesity, high blood pressure, cardiovascular diseases, arterial diseases, lung diseases such as asthma, kidney and liver diseases) administered by general practitioners (including prescribed nutritional therapy, addiction treatment, physiotherapy and sports therapy) are still no issue for politicians.

The fact that all of these diseases that cause a severe course of Covid-19 are caused by particulate matter and high levels of nitrogen oxide, ozone and carbon dioxide, as has been demonstrated in many studies, is no reason for them to take real measures (such as local driving bans) to reduce air pollution in areas coming from lots of traffic, heating and of energy generation.

Damage that has arisen over the course of decades is driven further by the unrestricted continuation of these stresses, so that new groups of people are inevitably affected by them and the state of health of those already affected deteriorates even further. Instead of dealing with these causes of the severe course of Covid-19 and better protecting vulnerable people, we have been rotating in a circle for months with the directives to better avoid contagion through a micro-droplet infection, which despite all measures continues to spread and calls into question our professional and social life.

Instead of communicating such measures for the protection of vulnerable people as part of a longer-term strategy to achieve herd immunity for the population, they are conveyed through media stories about the devastating effects of this virus for everyone, requiring for masking at work and in public open air spaces and contact tracing-lists to breed a peculiar mass psychosis

in which masks have to be worn everywhere and neighbors are checked and denounced.

In this perspective-free scenario, encounters that are of vital importance for our personal, economic and social life can no longer take place openly. Other people in this scenario become automatically threatening strangers.

It is now high time for a democratic dialogue to take place at all possible levels about a long-term strategy and suitable measures, which our parliaments at municipal, regional and federal level have to decide on, and not an executive branch with long-lasting special powers.

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