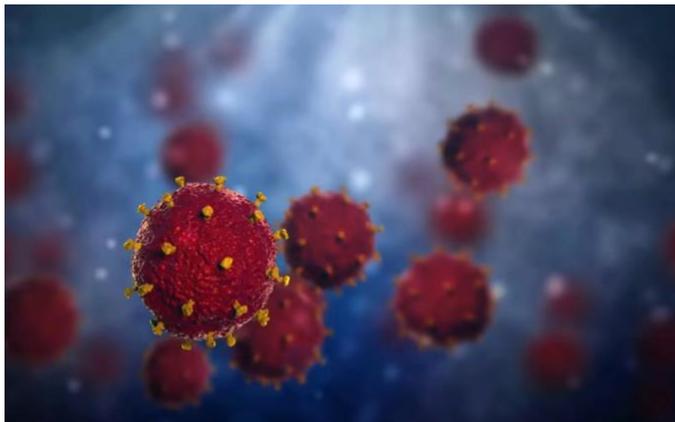


January 27, 2020

Coronavirus: Worse Than You've Been Told?



This "Corona"virus (corona or crown) is a new strain of coronavirus and could be the next 1918 'Spanish flu' situation. It won't be long until we'll know for sure the magnitude of the outbreak.

So far as the mainstream news media haven't given the pending dangers very much airtime.

The most recent estimates are that there are approximately 40 million people quarantined in China. Beijing, where 20 million live, just went under a Level 1 Emergency; no travel in or out is allowed. How long can a city survive without food coming in? (This should tell you how serious this is). There are 30 major cities/provinces under lock-down in China.

Nonetheless, despite the lack of the slightest amount of curiosity the media may be taking the stance to err on the side caution.

What Should We Do? Be Responsible and Prepared

As a responsible preparedness-minded individual, first and foremost - don't panic and stay informed. Do some preparedness now, rather than later. Nothing is lost by being prepared and nothing happens.

How To Survive A Pandemic

- If a mass panic occurs, like during preparation for a hurricane, everyone at once will be rushing to get food and sustenance. Get whatever consumables and water you'll need for several days/weeks early-on. Don't wait for the grocer shelves are empty and the gas-pump lines are a mile long.

- Avoid human contact will be the best behavior. Stay away from crowds, people. This coronavirus is apparently airborne. It has a high transmittance value - meaning it's easily spread.

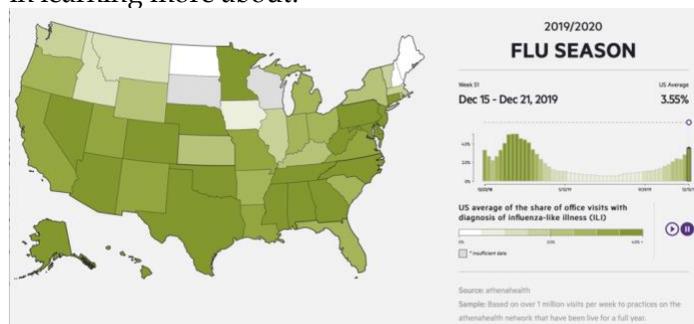
- Wash your hands frequently and don't touch your face. Keep hand sanitizer in your vehicle and use it every time you touch a keypad. (Source: Ken Jorgustin | Updated Jan 26/2020)

The Flu Dashboard

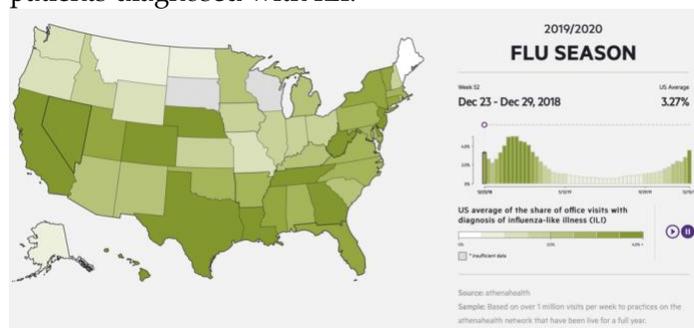
There's a map you can access that can tell you where different strains of the flu are, and where they're expected to get worse. Check this map, learn how it works and learn how you can stay healthy through this cold and flu season.

The interactive map, called the "flu dashboard," comes from AthenaHealth, a company that gives health care facilities a cloud system to manage their practice, develop health apps and allow health care providers to access them. The flu dashboard reports how many visits patients have made to facilities in the AthenaHealth network by state, and how many of those visits were for the flu.

You can check how many flu diagnoses were made in different places in different weeks by clicking and dragging a dot above the chart to the right of the map. Then hover your cursor over the state you're interested in learning more about.



Around this time last year, Arizona only had 2% of its patients diagnosed with ILI.



For the sake of comparison, we can check out flu stats in July as well. Texas was still seeing some cases diagnosed, but obviously, most everywhere in the U.S. was flu-free at the height of summer.

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