

An excellent article explaining the real threat of the Coronavirus and why we must stay home and avoid public gatherings and close contact with others.

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Friends, I'm going to try to explain the situation we have before us with this pandemic. I came about the information that I am going to share with you through my medical colleagues throughout Spain who have been sounding the alarm about this for weeks, since they have access to scientific information.

I do not want to alarm anyone - we are all adults and each one of us will decide what to do, but I cannot allow my friends to make decisions regarding such an important issue knowing that they were not privy to all the information.

Why is COVID-19 so extremely dangerous? What determines the level of danger of an infectious agent is a combination of 3 factors: its vector of contagion, its morbidity rate and its mortality rate. COVID-19 has a contagion vector between 1.5 and 2.5, that is, 3 times higher than influenza, which implies that its propagation pattern is geometric: 1-2-4-8-16-32-64-128-256 ... but worst of all, unlike the flu and SARS, which was the last coronavirus epidemic in 2003, this one can be spread during its two-week incubation period, even while the host is asymptomatic.

As for its morbidity and mortality rates, they are as follows. There's one thing we must bear in mind: WE ARE ALL GOING TO BE INFECTED BY COVID-19 over the next three months.

Now, of every 1,000 people, 900 will go through it asymptotically, including children and young people. 100 will show symptoms. Of those 100, 80 will go through it like a very miserable flu: dry cough, headache and muscle, that is, two or three really bad weeks at home, but in the end they will get over it. Of the remaining 20, 15 will develop double pneumonia with difficulty breathing, which will require hospitalization in order to administer bronchodilators, corticosteroids, and oxygen. The remaining 5 will develop pulmonary fibrosis that will require immediate admission to Intensive Care and life support (artificial respiration). Of those 5, 3 will die. And the two that survive will present after-effects that will possibly require a lung transplant.

These are the figures that we are currently working with in the western scientific community, since the data in China has been worse, but that's because of their having been ill prepared in terms of their healthcare. When we look at it this way, it doesn't seem that serious, right? ...

The problem is that, unlike the flu, against which a part of the population is vaccinated, and which attacks progressively over 5 months out of the year, this infection is a multiplying wave (See Italy), so that the contagion will take place in two to three months. So we already have enough data to do the math:

Of the 40 million Spaniards, only 4 million will have symptoms. Of those, 3,200,000 will have a bad flu at home. 600,000 will require hospitalization with oxygen, and 200,000 will require Intensive Care.

And here comes the real problem: In Spain, there are only 200,000 hospital beds and 3,800 ICU beds between the public and private healthcare systems.

Do you see the problem? THE REAL PROBLEM IS NOT THE DISEASE per se, despite the fact that it has a significant morbidity and mortality rate, but, due to its epidemiological characteristics, it comes in a wave, infecting a whole population that has no previous immunity in a matter of 2-3 months. Outcome: THE COLLAPSE OF THE HEALTHCARE SYSTEM !!!

Can you imagine what this means and the implications it can have on the lives of all people? These are very sobering words ...

This means that when hospital beds and ICU units are full, we will have to resort to what is known as "wartime medicine," that is, for each free hospital bed there are seven people waiting. The professionals will have to decide who they are going to treat, who they will send home, telling them that they will send a doctor and an oxygen tank, which will never come because these will also be depleted.

That decision will be made based on the patient's age and general condition. In other words, the youngest will be chosen since they will have a better chance of survival. And this doesn't take into account other serious and urgent pathologies such as heart attacks, strokes, traffic accidents, etc, etc, etc ... all this without hospital beds and without ICU ...

This may sound like a science fiction movie, but this is exactly what is playing out THIS VERY MOMENT in northern Italy - a country that just two weeks ago was like us now, thinking that things were not so serious ...

The healthcare system in Madrid has already collapsed. They are telling the population that if they have symptoms, not to go to hospitals or health centers or call 112, but to call 900 102 112. There are people who have been calling all morning and cannot get through to anyone - nobody picks up.

It is expected that, at the rate that the virus is spreading, Spanish healthcare will collapse in early April. This is the situation. So what do we do? This is a lottery: the chances of you winning are low, but the more tickets you buy, the more possibilities you have to win. In other words, the thing to do is NOT BUY TICKETS. During the next few weeks, go out exclusively for what is an absolute necessity, such as buying food and supplies from the supermarket. Do not eat out, do not go to any gathering of people and do not use public transport. It will only be a few weeks.

You may be wondering: If we are all going to get it, why isolate ourselves so much? As you will see, whether a person suffers the disease asymptomatically, or like the flu, or requires

hospitalization, basically depends on the age and immune status of the patient, but also on a concept called "viral load," - the amount of millions of viruses that have entered our body at the time of infection. The higher that viral load, the more damage the virus can do to our lungs as our defenses organize themselves and create the antibodies needed to defend themselves.

Obviously, it is not the same to kiss an infected person, directly breathe Flügge droplets from an infected person, or touch an object where those droplets have fallen 3 hours prior and then touch our faces. With that in mind, let's do our best so that when we do get infected, the viral load will be as low as possible.

That is why it is recommended that we not attend meetings or go into public places. As for young people and all those who don't feel quite so vulnerable, I do not want you to be alarmed, but I do ask that you be responsible. Because of your youth, you are very likely to fall into the asymptomatic group, but be mindful of what I said above about the "viral load." Try to avoid public transport, meetings, meals in restaurants and cafés, etc. for the next few weeks, but most importantly, you have the ETHICAL RESPONSIBILITY to isolate yourself so as not to infect the vulnerable population, for which this virus can mean a death sentence.

I hope I am wrong and that things will be contained from this moment on since mitigation and social isolation measures are being implemented. The truth about this situation is not being clearly stated by any media sources, only in specialized forums.

Together we can ensure that no health system in any country collapses, since other diseases are not going to stop in this situation, and, yes, many people can die simply due to the impossibility of receiving care.

THIS IS THE ACTUAL PROBLEM, DEAR FRIENDS.

Pass this on to your entire contact list. LET'S MAKE IT VIRAL ... WE CAN BE FASTER THAN THE VIRUS.

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