

UPDATE: COVID-19 (Coronavirus): A Message from your President, Michele Thomas



**Sundance Mountain South Homeowners Association**

Sat, Mar 28, 8:26 PM (6 days ago)

to Sundance, bcc: me

To the Residents of Sundance Mountain South Homeowners Association.

Good evening everyone and yes, unprecedented times these days...I hope everyone is in good health and staying safe.

That said, please know that I believe that together, we are a community unlike any other in Virginia.

Additionally, know that your Board is committed to this spirit, working to provide you opportunities to make life better and protect the health and well-being of each resident that calls our community home. **But, with Covid-19, we can't change or fix things without your help.....**

For that, I'm proposing that everyone recognize that the full-time residents on our mountain as a priority. What I mean by that is that I'd like to ask that part time owner shelter in place, in your primary residence. This virus that causes COVID19 is aggressive; its only goal is to survive and conquer, it does not care if its in Northern Va, Richmond, Alexandria or New Market Va. Its primary goal is to survive.

Please, do not give in. Please shelter in place; do not travel or travel to the mountain as this increases the chance to transfer this virus.

**Everyone on the mountain**, please keep it pristine; self-quarantine, do not give in. We're in this for the long run. Things most likely will get worse. The best way to protect yourself and family is to stay home.

I know this is difficult - but do it anyway. Stay 6 feet away from anyone else at most / all times.

Check on your neighbors (by phone). Ensure they are well and do not need essential supplies. This is a difficult time yes, but we will get through it.

In this spirit, I am forwarding some very important information; please read it and take heed. This is nothing that anyone in this lifetime has ever experienced. **Pay attention.**

Please read, digest and, self-quarantine and,

Finally, I thank you very much for your cooperation, understanding and support as we navigate this pandemic together.

Please know that I am grateful for the continued opportunity to serve you.

Michele Thomas

~

#### IMPORTANT INFORMATION ON THE VIRUS FROM JOHNS HOPKINS HOSPITAL

The following is from a Asst. Prof in infectious diseases at Johns Hopkins University:

\* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and converts them into aggressor and multiplier cells.

\* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

\* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. **That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).** By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

\* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, **hot water makes more foam and that makes it even more useful.**

\* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

**\* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.**

\* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

\* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

\* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only:

- **between 3 hours (fabric and porous),**
- **4 hours (copper and wood)**

- 24 hours (cardboard),
- 42 hours (metal) and
- 72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

\* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

\* **UV LIGHT** on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

\* The virus CANNOT go through healthy skin.

\* Vinegar is NOT useful because it does not break down the protective layer of fat.

\* **NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.**

\* LISTERINE IF IT SERVES! It is 65% alcohol.

**\* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.**

\* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

\* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

\* Also keep your NAILS SHORT so that the virus does not hide there.

JOHNS HOPKINS HOSPITAL

Michele

President

Enjoy a Breath of Fresh Air!

Sundance Mountain South HOA

Phone / Text: 804.651.0273

Vice President: Bob Shuping, 757-556-5087 <Phone / Text>

Covering Roads / Wells: Steve Smith 540.975.2121 <Phone / Text>

Covering Snow Plow Svcs: Tom Turner 540.624.0600 <Phone / Text>