

## **Asking the People to Stay at Home is Fundamentally Wrong as the Way to Prevent Coronavirus**

Many governments ask the people to stay at home as much as they can as the way to prevent the spread of coronavirus disease(COVID-19) which is caused by a newly discovered coronavirus. This policy is fundamentally wrong.

Day by day the coronavirus is spreading and depriving the lives of many people. As a consequence, many governments ask the people to stay at home in the stronger tone. They also say, "Don't go abroad, and come back to their own country." Some governments force the shops to close. When people don't go out for work or for fun, they don't buy articles. so great recession comes along. Staying inside policy is fundamentally wrong as the way to fight the new coronavirus.

When we examine the reports of this new virus, we find that 80% of infected people only show mild symptoms. According to the site of Johns Hopkins University, as of March 24, 2020, the number of infected people is 367,457, and the number of death is 16,113. The death rate is 4.4%. Many people with mild symptoms are not counted as infected, so the death rate might be 1% or so.

People can get immunity after infected with virus in many virus infections. Measles is one of the examples. Once infected with measles, they never get infected with it again. This may apply to this new coronavirus. After infected with this virus , people might gain some kind of immunity. Some people present no symptoms even after infected with this virus. They might already have gotten the immunity to this virus.

The main way to dispose of virus is vaccine. Vaccine gives the agent that resembles the virus into a human body, Then the human body produces the antibody which destroys the virus. After getting the antibody, they don't get infected with this disease even if they are exposed to this virus. In some cases they might get infected again, but with mild symptoms. This shows the right way to dispose of virus. We should not escape from virus, we should rather approach the virus and get the antibody for the virus.

In every infectious disease, a small amount of microbes that came into human bodies doesn't produce infection. Microbes can produce infection only when they have increased their number. It is the most important in fighting against microbes infection to prevent the multiplying of microbes after they got into the human body.. Microbes don't increase their number even if they get into a human body when the immune system is in good condition. The most important thing is getting the immune system in good condition, ant not preventing the microbes from coming into human bodies. People who have strong immune system don't get infected even if microbes get into their bodies.

Which is the way to get the strong immune system?

Give the body some hunger.

Give the body some coldness.

Exercise properly.

Eat natural foods.

Move the toes properly(which brings about good blood circulation throughout the body).

Enjoy the life every day.

These petty matters give us strong immune system and prevent us from infecting virus disease.

Forcing the people to stay at home prevents them from enjoying themselves. This produces the feeling of unhappiness, and this feeling prevents the proper functioning of immune system, which causes them to get infected easily. Forcing people to stay at home may accelerate the speed of coronavirus.

According to the site of Johns Hopkins University, 41 deaths have been reported in Japan as of March 24, 2020. According to the Japan Police Department, traffic accidents caused 3,532 deaths in 2018. This is the death within 24 hours after the accident, those who died after 24 hours are not included. As a matter of course, the number of the deaths caused by traffic accidents become larger

than 3,532. At this moment, we cannot say whether the deaths killed by coronavirus disease in Japan surpass 3,532 in a year. If the explosion in coronavirus cases like Italy or Spain happens, the deaths in Japan might surpass this number in a year. It is the fact that approximately 3,500 people are killed by traffic accidents every year. But the government does not declare a national emergency, or does not ask the people to stay at home as much as possible. If we avoid going out and driving our cars as much as possible, the number of deaths caused by traffic accidents decreases drastically. One thousand lives or two thousand lives may be saved every year by this method. But we must stay at home as much as possible throughout our lives. We can't go out for entertainment, we can't go out for travel for 80 years or 100 years as long as we are alive. We stay at home throughout our lives as much as possible and we die. Is this worth living? Most people don't think so. Almost all the people go out for work and for entertainment without hesitation although they may encounter the accidents and get killed. And no governments ask the people to stay at home as much as possible to protect them from traffic accidents. In the case of coronavirus, most governments ask the people to stay at home as much as possible? Why? Because they think this is temporary, and doesn't last for long. Most people also think that this is a temporary request and doesn't last for long. This is the reason they obey the not going out order. If this prolongs, people can't endure the stress and don't follow the staying at home policy. This policy can succeed only when the coronavirus infection comes to an end naturally or we get a vaccine for this virus in a short period. Does this happen? Who knows? If this battle prolongs, there is nothing we can do on this policy of staying at home.

I recommend not to escape from this virus, but to approach this virus and get an antibody for it. At present the only way to escape the harm this new virus produces is as follows. Approach the virus and get the antibody. If you don't get the antibody early, and get infected with this virus in poor health, you might get killed by this virus. So approach the virus in good health and get the antibody.

The policy for urging all the people to stay at home is wrong. We should put old persons and those in poor health in a safe place where coronavirus is completely shut down, until the vaccine for this virus comes into existence. We shouldn't restrict the activity of young persons and those in good health.

In TV, I often see the scenes where people are scattering around disinfectants and disinfecting their hands with alcohol. I think these actions rather accelerate the spread of coronavirus. When we use pesticides to kill insect pests in fields, these pesticides also kill the insects which eat insect pests. As a consequence the fields have few insects. When a few insect pests come into these fields where there are few insects, these harmful insects multiply easily, because few insects which eat these insect pests exist in the fields. When we use pesticides to kill insect pests, the insect pests multiply on the contrary. This is also true of disinfection. There are many bacteria in the surroundings. In this circumstance pathogens can't grow easily, because they have to compete with many other bacteria for their living. If pathogens come into the places where few bacteria are found, they can grow easily, because they don't have to compete with many bacteria. This is the situation which comes around after scattering around disinfectants and disinfecting the hands with alcohol. Pathogens can multiply easily because of disinfection.

Common cold is the most common disease for humans. We couldn't find anybody who never catches cold throughout his or her life. The common cold is the virus infectious disease caused by rhinovirus, coronavirus, respiratory syncytial virus and so on. The new coronavirus that I am now speaking is one of the kind of corona viruses which cause common cold. When we catch cold, many people take medicine for common cold. The medicine for common cold doesn't kill virus or prevents it from multiplying. The medicine for common cold just lessens the symptoms. It can lower fever and it can stop coughing, but it can't kill virus or stop its growing. The number who get a cold is enormous every year. If pharmaceutical companies make medicine which kills virus or stops its multiplying, they can get the profit of enormous amount. But no medicine which has the

function of killing or lessening virus has come into existence. This shows the difficulty of making this kind of medicine. In this point of view, it is very difficult to make the drugs in a short period that kill the new coronavirus or stop its multiplying.

We should put the poor health people and the old ones in the safe places where coronavirus is completely blocked. But we shouldn't restrict the activity of healthy people and young people. Many old persons have already retired. Even if they are still working, the younger ones can do their work. Putting the old people in a safe place produces few problems. Not a few people in poor health may be at the first line of society. If they are put in a safe place, there might come some serious problems. But compare these problems with the ones caused by forcing all the people to stay at home. If we force all the people to stay at home, social activity almost comes to an standstill and sales fall drastically and many people get fired. This staying at home policy brings about the greatest depression after the World War 2. Putting only the people in poor health in a safe place produces much fewer problems. In doing so, those in poor health can rest themselves at will. This is also good for those in poor health.

Staying at home policy may prevent people from getting infected with this virus. But if they are fired or get bankrupt, they can't live their own lives. As a consequence they might commit suicide although they escaped coronavirus infection. They get killed by the economic damage brought by coronavirus. I think this is also the death caused by coronavirus and should be counted into the deaths of coronavirus.

They are expecting that coronavirus infection comes to an end naturally while forcing people to stay at home. But it's not certain if it comes to an end naturally. This is only the hope, not the fact. Coronavirus can infect people all the time while they don't get the antibody. It is very difficult to create medicine for this virus in a short period. One hoe is making vaccine for this virus. Just forcing people to stay at home without vaccine may not bring about the disappearance of this infection.