

Running a 30 days Global Campaign - Stay at Safe Place, but if forced to go out Never Wear off Face Mask until return back is Effective-Feasible Option

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problem or take prolonged and weak measures, because of which

question in this manner, then no need to think over, how to respond to the second issue.

Citation: Escientific Publishers. (2022). Running a 30 days Global Campaign - Stay at Safe Place, but if forced to go out Never Wear off Face Mask until return back is Effective-Feasible Option. *Journal of Medical Research and Case Reports* 4(1).

1.1.2 The same philosophy can be applied for pathogenic infections: Instead of treating (after ill), better not let to be infected! For instance, it is advantageous not to be infected by corona (if possible)

This idea was begun on March 9, 2020 during our speech to the University's COVID-19 task force. In that meeting, we were have had offered to produce 10000 Face Masks within the university level.

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1.2.1 How possible not to let the corona and others pathogens to infect us?

To be free from such pathogens, every assumption leads to the main options – to the two “DO NOTs”:

1.2.1.1 Do not contact (pass across) with the pathogen: don't be there, where it is ought to be. For instance, avoid it by forbidding the infected to be around you. or

1.2.1.2 Do not let the pathogen to be around you (use effective defense mechanism)

prioritize either. Particularly, if raises individuals' right issue! Nevertheless, for us, the second option (1.2.1.2) - not to let the COVID-19's virus – SARS-CoV-2 pathogen to be present around the possible victim is more attractive. Hence, if corona is absent, or if we can organize a self-fencing against it, then no snag at all. However,

1.2.2 To evaluate this half rational postulation, there are four theorems-arguments:

1.2.2.1 Do not let the coronavirus to be nearby - it is impossible, because already we have it;

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Chart 1: Control-prevention measures and their proportion to stop the pandemic.

1.3.3 In other words: 'How and for what duration should our three cavities be covered during a SaSP campaign?': - For the question 'how?' – being far away from the possible place (location), where the virus may circulate or cover your cavities until you will be there, where shouldn't be the virus. For the second question 'for how long?', although, to firmly hypothesize we are not epidemiologist, so, hope, we will found hints during this study.

1.4 Aim of the study

We launched this 7th study to justify the vigorous roles of SaSP and NOFF to stop RTIDs pandemics, because, in additional to the content mentioned above (1.2):

Dessalegn Temesgen Ethiopian Diaspora

Apr 3, 2021 · 🌐

Next to stay at home, safe MASKING for less than 30 days is the best feasible

on our twitter page (April 3, 2021) we

infomation about safe for 30 days

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1.4.2 Today's science-based articles are oriented only for specialists; because of which public cannot easily retrieve actual information. Therefore, to publish public oriented article; and

1.4.3 To reveal the vitality of SaSP and NOFF, through publishing a separate article about their nature-characteristics and role. Although, we are poor in epidemiology-oriented study, will implement a survey (primary data) and epidemiology based secondary data analysis, to:

1.4.3.1 indirectly justify the hypothesis (1.3) that because of Face

3. Methodology of the research

Based on the stated objectives, the research design [10,11] will have three main directions (refer to chart 2 below):

3.1. Field survey (Primary data): Observing-recording, discussion-interview on Face Mask related issues

3.1.1. Recording (picturing) on the street and indoor events - a primary data.

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Scheme of a research design on: Primary-Secondary data collection and literature review

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in English may be – what can you say about face masking?

3.1.2.3 ኮረናን እና ሌሎችን በትንፋሽ ተላላፊ በሽታዎችን ለማጥፋት የ ዓለም ህዝብ ተስማምቶ በአንድ ጊዜ ለ30 ቀናት እቤቱ ይቀመጥ ቢባል እርስዎ ይመችዎታል? ለምን?

Its English version may have the following sense: What do you think, can influenza, TB, COVID-19 and others infections that are transmitted through air droplets/air borne will be disappeared if the whole world agrees to stay at home for 30 days? Why?

The literature-based data will target more often the Face Mask within the campaign of NOFF

3.3.1 The sanitation-hygiene, distancing and vaccination are said to be prophylaxis measures. However, for this work our focus is the Face Mask as the representative for NOFF. Therefore, during literature review, we are going to focus by dividing the data that we are going to collect at least into 4: 3.3.1.1 History-Development of the Face Mask; 3.3.1.2 Characteristics of Face Mask; 3.3.1.3 Types of Face Mask; 3.3.2.4 Structure of Face Mask; 3.3.1.5 Utilization of Face Mask

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Pathogen	Common symptoms	Clinical complications	2017	2018	2019	2020	2021
Rhinovirus	Rhinorrhea, coryza, sneezing, sore throat, cough	Asymptomatic, mild to moderate upper-respiratory tract ...					

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4. Results of primary data (the survey); secondary data analysis and literature review

Based on line chart (refer to methodology), we arranged this research's result into: field survey - picturing-recording activity to assess on how public uses Face Mask and discussion-interview during these pandemic years (primary data); secondary data collection (on the prevalence of RTID in Ethiopia and others three geographically in different locations); review literature on nature and role of

rect spread from respiratory secretions on hands, tissues, fomites, etc., (if enter through nostrils' and oral's cavities). Therefore, we started to study the public how it tries to defend from coronavirus through covering mouth and nostrils. Therefore, about one of the option - the Face Mask that prevents illness from RTIDs, we surveyed as follows:

4.1 Field survey (primary data): Observing and picturing to evaluate public's awareness on Face Mask's utilization.

4.1.1 Observing and recording (picturing) on the street and indoor events - a primary data

for convenience (not to make the manuscript bulky and to pay less publication fee), we selected pictures of only 3 intervals of the years

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04.2021 all masked for bus from 7 of us 2 didn't wear mask 11.2021 they only carry mask

The above 6 photos have been selected from April, August, and November-December pandemic's years collections.

As seen in the first column, during holydays (04.2020), almost no one is masking. Around August 2020 the mandate of masking started being applied strongly (8.21 90% wearing at bus station queue): Without mask, no right to enter into the public transport. Moreover, as seen in the 2nd column, the man has a scarf (maybe he thinks that it can be an additional protector). At the end of 2020

too, around bus station, most people use face mask. When we come to the year 2021, at its end (November 2021), there is a relaxation tendency - as seen in the 3rd column the youths not wearing, rather carry their masks, since no policemen around. Even, as seen in the last column of table 6, the present of one of the greatest country - do not wear Face Mask during indoor meeting.

4.1.1.2 Others countries public's relation to Face Mask

What was the the situation in other countries? There, comparatively the situation is worsening. As seen in both of the two pandemic's years against lock dawn, Face Mask and vaccination mandate rises

(refer to table 4). Moreover, [15] wrote that COVID-19 Is fueling

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until wear face mask.

4.1.1.3 Indoor events and Face Mask in Ethiopia

The other type of our survey study was observing and recording indoor events: Participants, that more or less are from educated part of a society, do not follow the Face Mask mandate. It is accustomed to drink in such crowded halls. Moreover, on the issue, we ourselves have had a conflict within own university's officials;



bottled water supply for the participants, since it can recall trusty, as a result may force to un-wear mask in the indoor meeting's hall.

Picture 2: Three selected pictures, taken during indoor meetings in 2020 and 2021 at Addis Ababa.

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Participants of conferences, financial annual economic forum in Davos and as seen in the last column of the table 4 even the president of USA do not wear Face Mask during indoor events

4.1.1.5 Posters and Ads: pictures from posters (instruction) against COVID-19 issues, at Addis Ababa (Ethiopia)

Posters are engines for any businesses, for which they are intended to give information about. Therefore, regarding to COVID-19 too, as a prophylaxis option, posters can play vital role in making awareness among the public [4]. However, their details should be approved by specialists.

See what kind posters are running: as seen in the following selected

virus. We pictured the middle poster from a bus station; in it there are 6 measures to be taken: wash your hand, do not go in crowded location, be at least 2 meters away from those who are sneezing, don't hand shake, don't touch your face-eyes-mouth unless you have a clean hand, and don't eat raw meat products. However, in this poster there is nothing about Face Mask. The third poster (in 3rd column) is placed directly on Health Minister's office floor. In it Face Mask is at the last line after "distancing, washing, and staying". In [3] shows that the WHO on April 4, 2020 (after a day that we emailed to it) instruct an interim guideline from the WHO stated that healthy people did not need to wear masks because there was no evidence that masks can protect the wearers

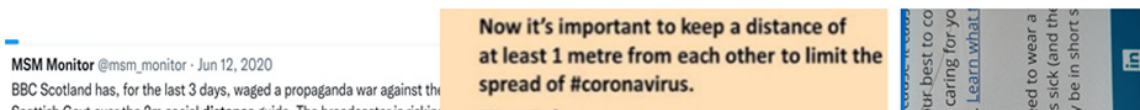
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Twit 2: Two samples that are taken (but due to space issue modified) from WHO's twitter page.



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In tweet 1, picture 3 and in this table 8 collection of tweets, we ourselves are wearing Face Mask to be a model for surroundings. Even, when we send abstract for a conference [16], in the form we have had attached the photo with Face Mask. Moreover, although, the editor asked us to have photo without Face Mask, we refused, because of which the published work our name is without photo! In the table above, the first photo (in it about the vitality of Face Mask) although many works do not give attention about indoor events, the written (caption) in 3 languages indicate that even in such distance, if there is a wind, better not to wear off Face Mask: The 2nd



Tweet 4: Through social media too, we are trying to show Face Mask's vitality.

Certainly, as soon as we understand that the virus is somewhat the same as SARS-CoV, although the WHO itself on April 6, 2020 announced as if no need to use Face Mask [3], we switched to Face Mask usage options [9]. So, we started on April, 2020, and further (after publishing 5 COVID-19 related works, as seen in the tweet 1, our 30 days based hypothesis began almost 18 months ago (we posted it on April 3, 2021 and August 13, 2021).

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As one can see in this twit (left) of a person by a twitter name Dr. Tom suspicious (twitting for himself) may be giving Ads!

To our part, we constantly are curious on such aggressive advert for these "the stated as if they are anti SARS-CoV-2", but non-feasible to stop the pandemic vaccines:-
intramuscular injectable mode of experimental vaccines (IMEV)

Twit 6: a specious twitter under name "Dr. Tom..." and our response to him.

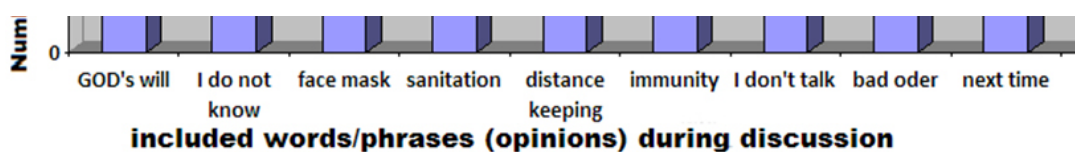
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4.1.2 Discussion and interview on Face Mask issues

The discussion-interview part was held with the public and health workers respectively.

From the first 100 respondents (random method [17,18]) on the street (from April – November 2021), 15 respondents wishes me not to be infected further (connecting with God's willing); 17 an-

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Graph 1: Among others, the place of answers that included "face Mask" in %.

Since this work is public oriented, as a supplementary (to visualize) we add the above bar graph: in it the "I do not know, I don't want to talk about such issue and will tell you next time, are indicate less awareness, sense of unsatisfactory-accusation-abused

by regulators, etc. about which we will further interpret to responsible bodies.

4.1.2.2 Health workers interview's result

We have had a possibility to interview 22 medical workers (from 3 medical centers, Addis Ababa health bureau and Ethiopian Health Ministry). As a result: 3 of them do not want to discuss with me; 9 were related it with immune system, 3 related it directly to hygiene, whereas 7 directly believe that the face mask is the reason why I have no flu during the pandemic

4.2 Clinic-epidemiology based secondary data on prevalence of RTD in different regions

4.2.1 Tropical regions (Data that we collected within the tropical region Africa (Ethiopia- Kenya as tropicals),

4.2.2 North hemisphere (Canada, USA, UK) as northern hemisphere and in Asia (Malaysia and South Korea derivative of northern hemisphere)

4.2.3 Southern hemisphere South Africa, Australia, Argentina (as southern hemisphere)

4.2.1 Tropical regions

4.2.1.1 The secondary data on prevalence of RTD that we have col-

ing countries.

ventions to reduce the burden of influenza, such as vaccine, could consider young children as a priority group.

KUSUMBI HEALTH CENTER				
	2010	2011	2012	2013
IN	72			
OUT	624	593	561	57
INFLUENZA	1276	2045	4211	1968
			88	41

YERA HEALTH CENTER				
	2010	2011	2012	2013
IN	124	471	614	1494
OUT	96	96	46	46
INFLUENZA	1044	1714	2042	2042
	146	476	435	434

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Accepted from [42]

Graph 2: Burdon of influenza like RTID in Kenya.

Influenza incidents in Kenya throughout the year. Comparatively with Northern Hemisphere, there is no clear pick in any of months. However, between July-September may increase illness incidents

4.2.2 South hemisphere

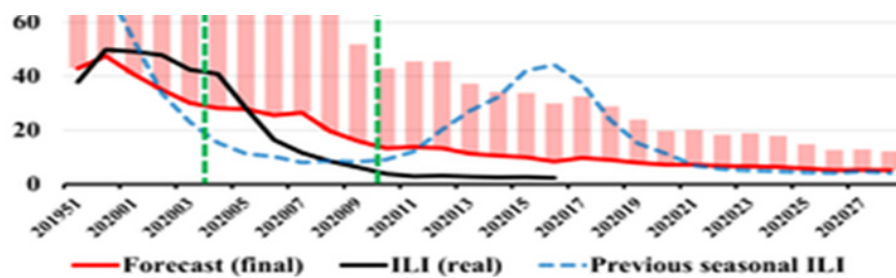
Data on influenza like RTID retrieved from South Africa: [21], while COVID-19 cases are surging in South Africa of the back of the dominant Delta variant, the flu virus has virtually vanished. [22]

Facility-based surveillance revealed a decline in influenza virus detection during the regular season compared with control years. This happened throughout the implementation of COVID-19 control measures. [44] inform that because of taking basic measures like masking and school closure against coronavirus, flu eliminated in South Africa. [45]

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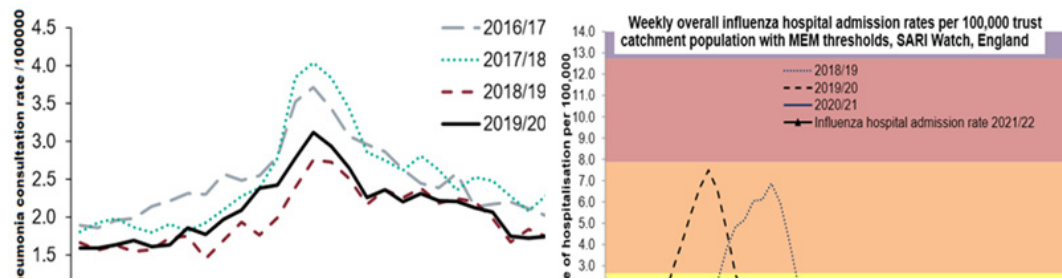


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Adopted from [24]

Graph 4: Influenza like seasonal prevalence before & after school closing in Korea.



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tion is not exceed 10 (all ages group are under the black line that we add into the graph to visualize the difference!

In the [29] article, for the question what are possible explanations for the unusually low flu activity? Answer - COVID-19 mitigation measures such as wearing face masks, staying home, hand

enza vaccination may also contribute to reduced flu illness during the 2020–2021 seasons. Evidence about the tendency of decline of influenza like illness during the pandemic is the expression of [30]: In graph 6b, the focus is the prevalence of RTID during lockdown situation in Canada and without it (before March of the year 2020) almost the same result as of [24].

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4.3 Literature based secondary data on control-prevention measures against influenza, TB, COVID-19 like RTIDs.

In this literature review part, the data to be collected focused more on: the Face Mask and the lockdown mandates:

In the above (4.1-2) we tried to address our philosophy based on

with a wide-brimmed hat, long coat, and wooden cane (it enabled them to examine without getting too close).



Although this column was for today's modern Face

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In the above three groups of masks' types, the first 3 are human (against fire smokes, poised substances as in the War and industrial catastrophes [4]). The second 3 types are for horses during war and the last three are funny masks for holidays. [34] To offer adequate respiratory protection for the wearer, a face mask must not only be made of high filtration, low resistance material, but must also

physically fits the wearer. Because, any small anatomical variations were found to have major implications on fit. Some fit issues were only able to be identified when the participant engaged in a range of activities while an observer visually and manually inspected the mask. [3] the respiratory droplet or airborne route has the greatest potential to disrupt social intercourse, while being amenable to prevention by the humble face mask.

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The use of respirators and facemasks is one key part of a larger strategy to establish barriers and increase distance between infect-

parameters, such as pore size, shape, clearance, and pore number density. It is important to understand the effect of these parameters

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ures.

[37] states that face masks made from different cloth materials are very common in developing countries. The cloth masks are usually double layered with stretchable ear loops. It is common practice to use such masks for months after multiple washing and drying cycles. If a such mask is used for long time, the ear loops become stretched. The loop needs to be knotted to make the mask loop fit better on the face. It is not clear how washing and drying and stretching practices change the quality of a cotton masks. The particulate matter filtering efficiency of a mask depends on multiple

How much contain the atmosphere that we are breathing in.

What we are breathing in (inhaling) contains? "Everything within the atmosphere" like gases, non-living and living things (refer to figure 2) – any, with less density than air and at least with a minimum air movement (not in a vacuum [5])!

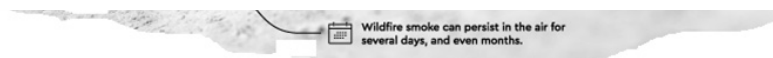
Face Mask is mainly not to inhale harmful objects: poisoned gases; dust and its associate particles; and of course, pathogens. But it shouldn't disturb the external respiratory processes inhale atmosphere, from which organism extract oxygen and to exhale carbon dioxide

4.3.2.1 Atmospheric gases

Nitrogen, Water, Oxygen, Carbohydrate molecules and others atmospheric particle: The rough percentile content of the mentioned

The researchers compared the permeation of these molecules on six differently sized nano windows (of 0.257 nm, 0.273 nm, 0.297 nm, 0.330 nm, 0.370 nm, and 0.378 nm). Therefore, since the de-

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Adopted and modified from [39]

Figure 2: Relative size of pathogens and dust's contents that we are inhaling.

Adopted and modified from [39]

4.3.3 Importance of Face Mask to contain the pandemic and others RTIDs

4.3.3.1 General usage of Face Mask against pathogens

In principle, this part is the core of the study

In [3] identified ways of transmitting the SARS-CoV-2: A respiratory pathogen may be transmitted via three routes—contact, droplet, and airborne spread. Masks and other PPE items serve as a physical barrier to respiratory droplets. With imaging using laser light scattering, it was found that the number of flashes, which corresponds

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to the number of respiratory droplets, could be kept at background levels by covering the speaker's mouth with a slightly damp wash-cloth.

4.3.3.3 Against what pathogens we should use the Face Mask?
Of course, Face Mask is necessary not to let respiratory based pathogens into our oral and nostrils' cavities.

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protocol (refer to picture 1) for the government of Ethiopia. Furthermore, have had applied to the country's amnesty office with attaching the mentioned proposal [9a]. Although, not strongly-firmly, the CDC, WHO and others responsible bodies too, now a days start to introduce about the Face Mask usage through social media. Authors [35] stated that A growing body of evidence supports the idea that wearing face masks in public, even when you feel well, can help curb the spread of the coronavirus. Authors [41] by adding that Mask wearing, social distancing, and other steps to stop COVID-19 have also curtailed influenza.

deaths) of flu varies from season to season. CDC collects, compiles, and analyzes information on influenza activity year-round in the United States and produces Flu View, a weekly surveillance report, and Flu View Interactive, which allows for more in-depth exploration of influenza surveillance data [43].

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While the main method of spread of SARS-CoV-2 is via aerosols and respiratory droplets, our results

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When is a Tuberculosis season around the globe: During winter it is more, because of vitamin D deficiency and others immune system change, indoor activity. Whereas in the work [44] TB notification varied by both region and season. In Ethiopia TB has high peak from April to June, but [45] suggest that pick in spring/summer. This may be because after indoor during winter, the infection diagnosis only after several months.

4.3.4.3 Seasons for COVID-19 peaks throughout the globe

Seasonal patterns of COVID-19 incidence and Influenza-Like Illnesses incidence are highly similar. Specifically, there where is less temperature and radiation [46,47]

4.4 Draw backs of Face Mask usage

Certainly, for any positive side always there should be opposite part: The ongoing COVID-19 pandemic has even resulted in a global shortage of face masks and the raw materials that go into them, driving individuals to self-produce masks from household items [3].

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[48] The zealots who want the wearing of masks made compulsory insist on their right to be protected against catching SARS-CoV-2. Opponents say the principle of autonomy gives them a right to decide whether or not they wear a mask and mandating the wearing of masks to enforce their still states. In the week [21] stated that

pass through on literature givens about the COVID-19's pathogens transmission paths.



impaired cognition in the majority of those surveyed. [49] point out is harder to breathe, to hear the person you are talking

4.5 When to start and for how long should to implement the SaSP and NOFF

If in the above 4.3 and 4.4 of the literature review parts were about Face Mask's: nature, types, internal structure; its main role against respiratory based pathogens; and drawbacks. Then, here we will

membrane and enter into the cytoplasm by the SARS-CoV-2 takes place for further reproducing several virions, then the way of infection can be expressed as – invading the epithelial cells of respiratory tracts by the virus SARS-CoV-2 that enter through the nostrils' and or oral cavities.

4.6.1 History of lockdowns

According to [50], to fight a pandemic-dates back to the Byzantine Emperor Justinian, he imposed isolation for both travelers and

food coming to Constantinople from North Africa, hit by the terrible plague outbreak (541-542 A.D).

Lock down; Quarantines, sanitation and other protective measures

provide mobile clinic for pregnant and patients at house to house. This will help to prevent unforeseen deaths of pregnant women and patients with underlining sickness.

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kind has always been accompanied by a series of social, political and economic measures. In 412 BC, Greek physician Hippocrates reported an epidemic that modern doctors believe was the first recorded reference of influenza. Subsequently, there were two major plague pandemics in Europe—the Plague of Justinian (from 600 AD) and the Black Death (from 1340s onward)—followed by socio-political and economic consequences. Authors [52], in their turn recommend that Government and management of cities should

distancing, face mask mandate, but more concentrated on sanitizer usage. However, although, our earlier postulation [4,5] that the IM-EVs are not feasible to stop the pandemic, rather such vaccination campaign can make nations idle and ignorance to the distancing and Face Masking mandates, didn't approved during our discussion with the public (refer to 4.1.2 and 4.1.3) - only two respondents replied that they do not wear Face Mask, because they are vaccinated (may be because, yet only 10% of the country's population is vaccinated)! Responsible bodies do not tell the truth about these

IMEVs. Furthermore, although, we have had any means to discuss with publics of others countries, perhaps the result may not be far from Ethiopian data.

a strong conclusion), but also others RTIDs. The results that shown in graphs 2-5, directly confirmed that the prevalence of influenza and TB like illness, before the pandemic was higher than today.

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like distancing and Face Masking. Because of such mess, there is a drawback on Face Mask.

5.2 On the result of secondary data that we have collected (refer to 4.2 clinic-epidemiological):

As we indicated in 1.4, we gathered data on burden-surveillance of influenza and TB like RTIDs before and during the pandemic years. Because, we aimed to show whether the distance and Face Mask mandates together with the lockdown decreased not only the COVID-19 (although, within only two years data impossible to have

ration-hygiene of face, hands, nails, cloths and all what is around us [5,32]). Such prophylaxis measure must continue at least for a month and more – a period of time that will not give a chance for the virus to continue its life cycle-span [70] and at least it is 2 life cycle period – incase if the infected didn't be identified and infect other, the second 14 days will give a chance to stop him from transmitting to others.

5.3.2 Lockdown

How one can understand the world lockdown? It seems that like others words, the “lockdown” joined from “lock” and “down” Being away from the possible address where may be present/exist the

6.2 The word “lockdown” recalls association to isolation-prison-loss of freedom, because little have done (if any) to give attentiveness about its history, practical advantages like its role in Russia and Japan to withstand the atomic reactors catastrophe whereas

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6. Partial conclusions-recommendation for the open access publication variety:

6.1 During the pandemic years, burden of others RTIDs decreases. Because, among others prophylaxis measures, more or less we are using the Face Mask. However, we revealed that unwittingly or intentionally, less effort is doing on awareness making about the Face Mask's vitality against respiratory based pathogens. Whereas, nations didn't get their right to know the points mentioned in section 1.2.2.4 and 1.3.2 of this work

tional points (extra conclusion and recommendation part of this work) that deliberately we omitted from here, since some of them may cause negative impact, incase if world agree to run the SaSP-NOFF mandate. Rather, will propose them to relevant bodies instead of through this open access mode of publication.

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