

FAN CLUB

SOME IDEAS FOR SAFER SHOWS & EVENTS IN AN UNSAFE/COVID-FILLED WORLD

VERSION 1; DEC 2023

INTRO/DIY OR DIE

IN AN ERA OF UNMITIGATED SPREAD OF AN AIRBORNE PATHOGEN, WHEN THE GOVERNMENT IS TELLING US TO GO BACK TO WORK AND EVEN OUR DOCTORS AREN'T WEARING MASKS ANYMORE, WHY WOULD SHOWS OR OTHER EVENTS BE ANY DIFFERENT?

BECAUSE OUR FRIENDS ARE NOT DISPOSABLE.

THERE ARE TOOLS WE CAN USE TO PREVENT INFECTION. MOST OF THEM ARE FREE OR VERY CHEAP. SOME MIGHT COME WITH A CANCELED SHOW OR HAVING TO GET A LITTLE CREATIVE ABOUT THE VENUE. BUT DIY AND PUNK HAS NEVER BEEN ABOUT DOING WHAT'S EASY OR COMFORTABLE. WE SHOULD BE DOING MORE FOR EACH OTHER SO WE CAN KEEP MAKING MUSIC, GETTING TOGETHER WHEN WE CAN, AND CONFRONTING THE POWERS THAT TRY TO NUMB US TO THE EVER GROWING NUMBER OF PEOPLE LEFT DEAD OR DISABLED BY COVID-19.

THIS ZINE IS A COLLECTION OF TOOLS AND PRACTICES THAT CAN BE USED TO MAKE EVENTS SAFER FROM COVID AND OTHER AIRBORNE DISEASES. NO GATHERING WILL BE TOTALLY SAFE, BUT THAT DOESN'T MEAN IT ISN'T WORTH TRYING.

IF YOU HAVE ADDITIONS, CORRECTIONS, QUESTIONS, OR IDEAS, EMAIL COVIDDOOMER@PROTONMAIL.COM

IF YOU'D LIKE TO SEE UPDATES OF THIS ZINE OR REQUEST CR BOXES TO BORROW FOR AN UPCOMING SHOW (GREATER BOSTON/EASTERN MA) VISIT FAN-CLUB.NEOCITIES.ORG

FOR MORE TOOLS, LINKS TO STUDIES, AND OTHER UPDATED INFO, YOU CAN VISIT MY OTHER WEBSITE : WEHAVETHETOOLS.NEOCITIES.ORG

THANKS FOR READING.



CLEAN THE AIR

COVID-19 IS AIRBORNE. TO REDUCE THE AMOUNT OF VIRUS IN THE AIR, YOU CAN USE A COMBINATION OF VENTILATION METHODS, AIR PURIFIERS, & UVC-LIGHTING.

VENTILATION:

DIY SHOWS TAKE PLACE IN A VARIETY OF SPACES, BUT ARE MOST OFTEN HELD IN A BASEMENT WITH ZERO FULL SIZED WINDOWS AND A BULKHEAD FOR A DOOR. IT'S STILL POSSIBLE TO GET THE AIR MOVING AND VENTILATE A SPACE LIKE THIS, BUT WHEN ONE TOOL IS WEAK, YOU SHOULD UP THE OTHERS. OUTDOOR SHOWS - WEATHER AND ACCESS PERMITTING - WILL ALWAYS BE THE SAFEST BET REGARDING VENTILATION, THOUGH OUTDOOR SPREAD IS STILL ABSOLUTELY POSSIBLE.

AIR PURIFIERS:

AN AIR PURIFIER USES A FAN TO SUCK AIR THROUGH A FILTER, CATCHING VIRUS PARTICLES AND OTHER HARMFUL THINGS LIKE SMOKE. THERE ARE A TON OF OPTIONS ON THE MARKET, AND IT CAN BE CONFUSING TO PICK THE RIGHT ONE FOR YOUR SPACE. THIS WEBSITE HAS A TOOL TO HELP, ALONG WITH INFORMATION ON HOW TO DETERMINE THE BEST OPTION: FILTERS.CLEANAIRSTARS.COM

FROM MY RESEARCH, THOUGH, I BELIEVE THE CORSI-ROSENTHAL BOX IS THE MOST EFFECTIVE AIR PURIFIER AT THE LOWEST PRICEPOINT.

THE CR BOX IS A DIY AIR PURIFIER THAT WAS INVENTED AT THE BEGINNING OF THE PANDEMIC TO MAKE AIR CLEANING MORE ACCESSIBLE TO EVERYONE. IT'S COMPRISED OF 4-5 MERV13 FURNACE FILTERS, A BOX FAN, AND DUCT TAPE - ALL MATERIALS SHOULD COST UNDER \$100 AND THE BUILD ITSELF TAKES ABOUT 30 MINUTES. THEY CAN BE A LITTLE NOISY (AROUND 60DBA) SO IF YOU USUALLY BOOK QUIETER SHOWS, YOU MAY WANT TO LOOK INTO A PC-FAN VERSION OR ONE OF THE COMMERCIAL ONES. THERE ARE A TON OF GUIDES AND VIDEOS ONLINE THAT TEACH YOU HOW TO MAKE THEM.

FAR-UVC LIGHT:

FAR-UVC IS A REGION OF THE UV LIGHT SPECTRUM (207-222nms) THAT DEACTIVATES

AIRBORNE VIRAL AND MICROBIAL PATHOGENS, INCLUDING COVID-19. IT IS 10X MORE EFFECTIVE THAN AIR PURIFIERS ALONE. AS WITH ANY UVC LIGHT, YOU HAVE TO BE MINDFUL OF EXPOSURE TIME AND DISTANCE FROM THE LIGHTSOURCE TO THE SKIN AND EYES. FAR-UVC LAMPS CAN ALSO EMIT A SMALL AMOUNT OF OZONE, SO IT'S IMPORTANT TO ONLY USE WITH GOOD VENTILATION. THEY CAN ALSO BE FUCKING EXPENSIVE BUT FOR VENUES WITH BUDGETS OR FUNDRAISING CAPACITY, IT'S WORTH CONSIDERING AS A LONG-TERM INVESTMENT.

WEAR A MASK



IT IS A WELL-KNOWN FACT THAT WEARING A HIGH QUALITY MASK (KN95, N95, KF94) REDUCES THE SPREAD OF COVID INFECTIONS.

IF YOU ARE PUTTING ON A SHOW, **CONSIDER REQUIRING MASKS** AS A WAY TO BOTH PREVENT COVID AT THE SHOW AND MAKE THE SPACE MORE ACCESSIBLE TO THOSE STILL TAKING PRECAUTIONS (DISABLED, IMMUNOCOMPROMISED, ETC)

WHILE SOME MASK-REQUIRED SHOWS MAKE EXCEPTIONS FOR THE ARTISTS WHILE THEY ARE PLAYING, THERE IS STILL A MEANINGFUL REDUCTION IN TRANSMISSION WHEN THE MAJORITY OF ATTENDEES ARE WEARING MASKS.

I WOULD ALSO CHALLENGE ARTISTS TO TRY OUT DIFFERENT MASKS WHILE PRACTICING TO SEE HOW DIFFERENT MASKS MAY FEEL/SOUND DURING PERFORMANCES. MAYBE YOU'LL FIND IT'S NOT SO BAD PLAYING WITH A MASK, OR MAYBE AS A SINGER IT'S JUST NOT WORKING OUT. IT'S WORTH TRYING.

IF YOU DO NOT WANT TO REQUIRE MASKS, OR ARE NOT THE ONE ORGANIZING A SHOW, MASKS CAN STILL PLAY A ROLE IN OUR MITIGATIONS.

1. JUST BECAUSE MASKS AREN'T REQUIRED, DOESN'T MEAN YOU CAN'T WEAR ONE. AND I KNOW HOW FUCKING WEIRD AND BAD IT CAN FEEL TO BE THE ONLY ONE MASKING. TRUST ME. BUT THE MORE OF US THAT ARE WEARING THEM (OR THE MORE OF OUR FRIENDS WHO DON'T COMMENT ON IT OR WHATEVER) THE LESS AWKWARD IT MIGHT START TO FEEL. ALSO ... WE'RE PUNK... WE SHOULD BE USED TO STANDING OUT A LITTLE AT THIS POINT RIGHT?

2. IF YOU DON'T WANT TO MASK AT SHOWS, YOU CAN CHOOSE TO AT LEAST MASK AT THE MORE ESSENTIAL SPACES/BUILDINGS IN BETWEEN. BY MASKING AT PLACES LIKE HEALTHCARE FACILITIES, SCHOOLS, AND GROCERY STORES, WE REDUCE THE CHANCES THAT WE WILL BE SICK WHEN ATTENDING A SHOW, WHILE ALSO REDUCING COMMUNITY SPREAD OVERALL AND MAKING THOSE SPACES SAFER FOR EVERYONE.

CHOOSING A HIGH QUALITY MASK:

CLOTH AND SURGICAL MASKS ARE NOT EFFECTIVE TOOLS FOR AIRBORNE VIRUSES LIKE COVID-19. IT'S IMPORTANT TO WEAR AN N95, KN95, OR KF94 RESPIRATOR IF YOU WANT TO STAY SAFE.

MAKE SURE THAT YOU ARE BUYING FROM REPUTABLE SOURCES/NOT GETTING COUNTERFEIT MASKS.

SOME BRANDS I LIKE ARE:

POWECOM'S KN95, 3M'S AURA N95, BNX CONVERTING'S BOAT STYLE N95 (LIKE THE AURA BUT IN BLACK!). OTHER POPULAR MASKS: 3M DUCKBILL (SO BREATHABLE), MASKC (LOTS OF BEAUTIFUL DESIGNS).

MASKS LIKE THESE CAN BE REUSED, BUT SHOULD BE LEFT TO DRY FOR A FEW DAYS BETWEEN USE. (I'VE READ ANYTHING FROM 1 DAY TO 1 WEEK, IDK, USE YR BEST JUDGMENT AND IF THE STRAPS BREAK OR IT'S LOOKING HAGGARD BE SURE TO TOSS AND REPLACE IT.)

THERE ARE ALSO REUSABLE ELASTOMERIC MASKS LIKE THE ENVO OR FLOMASK THAT OFFER EVEN MORE PROTECTION.

FINALLY, ASIDE FROM COVID, THERE IS ALSO AN INCREASING AMOUNT OF SURVEILLANCE AND COLLECTION OF OUR BIOMETRIC DATA. MASKS CAN BE A GREAT TOOL IN COMBATTING THIS AND REMAINING SOMEWHAT ANONYMOUS IN CERTAIN SITUATIONS.

INFECTION CONTROL



GOOD REASONS TO NOT GO TO THE SHOW:

1. YOU TESTED POSITIVE WITHIN THE LAST TEN DAYS

THE CDC ONLY CHANGED IT TO 5 DAYS TO APPEASE THE AIRLINE COMPANIES/PUSH FOR "BACK TO NORMAL," MOST ARE STILL CONTAGIOUS BETWEEN DAY 8-10 OF SYMPTOM ONSET. TRUST THE SCIENCE ON THIS ONE, NOT THE POLITITIANS, AND STAY HOME!

2. YOU'VE HAD A RECENT KNOWN EXPOSURE TO COVID

YOUR ROOM MATE OR COWORKER IS SICK AND YOU COULD BE TOO. YOU MAY NOT HAVE TESTED POSITIVE YET, BUT IT USED TO BE AN ACCEPTED PRACTICE TO QUARANTINE FOR 2 WEEKS AFTER AN EXPOSURE. SO WHY RISK

IT? STAY HOME (AT LEAST FROM THE SHOW...), MONITOR YOUR SYMPTOMS, AND CONTINUE TO TEST.

3. YOU'RE FEELING SICK

COVID IS NO LONGER JUST A RESPIRATORY VIRUS WITH PREDICTABLE SYMPTOMS; WITH A LARGE AMOUNT OF NEW VARIANTS CIRCULATING COMES A WIDE RANGE OF SYMPTOMS. EVEN GI ISSUES COULD BE COVID. SO IF YOU HAVE AN ONSET OF NEW SYMPTOMS, CONSIDER SKIPPING THE SHOW, REST, AND GET TESTED.

TESTING BEFORE THE SHOW:



IN ADDITION TO TESTING AFTER A KNOWN EXPOSURE OR SYMPTOMS HAVE BEGUN, YOU CAN ALSO TEST AS A PRECAUTION RIGHT BEFORE AN EVENTS. IF YOU'RE INVOLVED WITH BOOKING A SHOW, CONSIDER OFFERING TESTS AT THE DOOR SO MORE PEOPLE CAN ACCESS THEM. STUDIES HAVE SHOWN THAT WIDESPREAD TESTING IMMEDIATELY BEFORE AN EVENT CAN REDUCE TRANSMISSION UP TO 40%, BUT EVEN TESTING WITHIN 12 HOURS CAN BE EFFECTIVE.

INDIVIDUAL PROTECTIONS



UPDATED VACCINES

YOUR ORIGINAL SERIES AND BOOSTERS BEFORE FALL 2023 ARE NOT SUFFICIENT PROTECTION FROM THE VARIANTS CURRENTLY CIRCULATING, AND WE KNOW THAT PROTECTION WEARS OFF OVER TIME. IT'S IMPORTANT TO STAY UP TO DATE WITH YOUR COVID VACCINE, JUST AS ONE WOULD WITH FLU SHOTS.

THE 2023 FORMULA IS AVAILABLE AS AN MRNA VACCINE FROM MODERNA AND PFIZER, BUT ALSO AS A PROTEIN-BASED VACCINE FROM NOVAVAX. WHILE NOVAVAX CAN BE MORE DIFFICULT TO LOCATE, THERE IS STRONG EVIDENCE THAT IT PROVIDES LASTING IMMUNITY TO THIS SEASON'S VARIANTS. IT IS ALSO LESS LIKELY TO CAUSE MANY OF THE PAINFUL SIDE EFFECTS SOME OF US EXPERIENCE WITH MRNA SHOTS. THAT SAID, THE BEST VACCINE IS THE ONE YOU GET THE SOONEST. SO PLEASE SCHEDULE YOUR VACCINE TODAY.

NASAL SPRAYS

NASAL SPRAYS AS A WHOLE HAVEN'T BEEN WIDELY STUDIED FOR USE IN PREVENTION OF COVID-19 YET AND MANY OF THE STUDIES THAT HAVE BEEN CONDUCTED COME WITH CONFLICTS OF INTEREST (FUNDED OR PERFORMED BY THE COMPANIES THAT SELL THEM). THERE HAVE ALSO BEEN NO COMPARATIVE STUDIES THAT CAN POINT TO WHICH TYPE IS MOST EFFECTIVE. SO. WHILE I AM PERSONALLY USING NASAL SPRAYS ALONGSIDE OTHER MITIGATION TOOLS, AND DO BELIEVE THEY CAN OFFER

SOME PROTECTION, I'M OFFERING THIS INFO WITH A BIG CAVEAT BECAUSE THERE IS STILL A LOT TO LEARN ABOUT THEIR EFFICACY.

I ALSO WANT TO NOTE THAT I RECEIVE ABSOLUTELY NO PAYMENT FOR ANY PRODUCTS LISTED IN THIS ZINE OR MY WEBSITES ETC. - I AM JUST TRYING TO MAKE THIS INFO EASIER TO FIND!

HERE ARE TYPES AND BRANDS OF NASAL SPRAY CURRENTLY AVAILABLE IN THE US:

1. ETHYL LAUROYL ARGINATE HCL
COVIXYL - \$18.95 AT COVIXYL.COM
MAY CAUSE BURNING SENSATION IN NOSE

2. XYLITOL
XLEAR - \$10.99 AT WALGREENS
EXTREMELY POISONOUS FOR PETS

3. IOTA-CARRAGEENAN
NORIZITE - £13.33 + SHIPPING FROM UK

4. NITRIC OXIDE
ENOVID - \$105 FOR 2 + SHIPPING FROM ISRAEL AT BUYENOV.COM
PRODUCED IN ISRAEL SO MAY VIOLATE BDS

VIRX - \$20.83 + \$41.93 SHIPPING FROM GERMANY AT VIRXNASALSPRAY.COM
PRODUCED IN ISRAEL SO MAY VIOLATE BDS

CPC MOUTHWASH

CETYLPIRIDINIUM CHLORIDE (CPC) IS AN INGREDIENT FOUND IN SOME MOUTHWASHES THAT CAN BE EFFECTIVE AGAINST BACTERIA, FUNGI, AND ENVELOPED VIRUSES. RINSE AND GARGLE BEFORE AND AFTER HIGHER-RISK ACTIVITIES, OR REGULARLY AFTER A KNOWN EXPOSURE OR POSITIVE COVID CASE, TO REDUCE THE AMOUNT OF VIRUS PRESENT.

THIS IS ANOTHER ONE THAT SIMPLY WON'T BE EFFECTIVE ENOUGH ON ITS OWN. ALWAYS PAIR WITH OTHER TOOLS!

SOME OPTIONS:
BIOTENE GENTLE MINT
\$8.99 AT CVS; UNKNOWN % CPC
GENTLER OPTION FOR SENSITIVE MOUTHS

THERABREATH HEALTHY MOUTHWASH
\$16.79 AT TARGET; 0.05% CPC
VEGAN/NOT TESTED ON ANIMALS

CREST PRO HEALTH CLINICAL
\$7.99 AT TARGET
.1% CPC
VERY INTENSE MOUTHFEEL; MAY AFFECT MOUTH'S BIOME IF USED TOO OFTEN

THANK YOU AGAIN FOR READING.

WE KEEP US SAFE.