

Hollistic® Thought Experiment On Minimum Physical and Temporal
Distancing Standards During The Lockdown Period Of The Global
Pandemic Outbreak And Why The Global Standards Need Re-Evaluation

Ref: Hollistic® Lockdown Model (www.Hollistic.org)

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In this thought experiment, we hope to help you see through your own natural response, why global health organisations need to re-evaluate their recommendation for the minimum physical and temporal distancing to be maintained from people in the outside world during the lockdown period of the global pandemic outbreak.

PART A: PHYSICAL DISTANCING:

The global health organisations have advised all people to maintain physical distancing of at least 1 to 2 metres, i.e. 3 to 6 feet from any other person anywhere in the world, during the outbreak, which is the advice followed by the governments of most countries. Now, let us use our intuition to explore a few questions:

1) Imagine that a person who is currently affected and tested positive, is made to stand inside of a small circle on the street. This person is holding up a clear sign indicating that he or she is currently affected, and is wearing a mask. You happen to be in the area and are wearing a mask yourself. You are asked to look at the sign and choose a spot where you would be comfortable standing, such that you are indifferent to the information conveyed through the sign. Would you choose to stand 3 feet away from the person? 6 feet away? 10 feet? Perhaps.

2) Now imagine that this person takes off their mask. Where would you

stand? Still at 10 feet? 15 feet? Maybe.

3) Next, imagine that this person begins exercising, such as jogging on the spot, and breathing heavily. Where would you stand? 15 feet? 20 feet? Okay.

4) Moving on, imagine that this person suddenly coughs or sneezes. Where would you stand? Still 20 feet? 25 feet? 30 feet? Alright.

5) Finally, imagine that you are required to take off your own mask. Where would you stand? 30 feet? 35 feet? 40 feet? Hmm... You get the idea.

So that person who is walking around either symptomless or with symptoms for any reason, and may actually be affected, certainly does not feel safe to be around from a 3 to 6 feet distance, do they? Our own intuition tells us that the physical distancing to be kept from people in the outside world during the outbreak, while wearing a mask yourself, is 30 feet or greater, which is FIVE TO TEN TIMES the recommendations of the global health organisations. We consider the outside world to have the highest risk of spread (RED ZONE). For generally safer zones, such as within your own residential compound area (ORANGE ZONE) or your home (GREEN ZONE), our minimum physical distancing recommendations are 20 feet and 10 feet, respectively.

PART B: TEMPORAL DISTANCING:

Coming back to the global health organisations, they have advised that the global pandemic outbreak spreads only person-to-person and through objects, but have ruled out airborne spread for now. In other words, besides maintaining physical distancing, they have not advised maintaining any minimum temporal distancing between people, i.e. the time taken to access the same air-space that another person previously occupied. Thus, one can consider the temporal distancing advised by these organisations to be as low as 1 second or less. Let us now go back and consult our own intuition once again:

1) Imagine that the same person described earlier is standing inside of the same small circle on the street. The person is holding up a sign that clearly indicates that he or she is currently affected and tested positive, and is wearing a mask. You are in the area and are wearing a mask yourself. The person in the circle coughs and sneezes loudly, through their mask. After doing so, the person is instantly airlifted and taken to the hospital, and you are free to roam around anywhere in the area, including inside the circle that the person was present in. You have been given a powerful jet pack, which you can activate to reach any spot in the area

within any amount of time. You are asked to enter the circle where the person was standing, and where they coughed and sneezed loudly, within an amount of time such that you would be indifferent to them having been there at all. Since the spread is supposedly only person-to-person and not airborne, would you choose to visit the spot immediately, in under 1 second? Or would you wait a little? 10 seconds? 30 seconds? 1 minute? Perhaps.

2) Now imagine that the experiment is repeated with all of the previous conditions, but this time the person is not wearing a mask. Once the person has left, how long would you wait before you entered the circle? Still 1 minute? 2 minutes? 3 minutes? Maybe.

3) Next, imagine that the experiment is repeated with all of the previous conditions, but this time the person is enclosed in a small closed space, the size of one arm's length around them, without any air ventilation. Once the person has left, how long would you wait before you entered this small closed space? 3 minutes? 5 minutes? 10 minutes? Okay.

4) Moving on, imagine that the experiment is repeated with all of the previous conditions, but this time the person has spent much more time inside the small closed space, coughing and sneezing at least 10 times. Once the person has left, how long would you wait before you entered the small closed space? 10 minutes? 15 minutes? 20 minutes? Alright.

5) Finally, imagine that the experiment is repeated with all of the previous conditions, but this time you are required to take off your own mask. How long would you wait before you entered the small closed space? 20 minutes? 25 minutes? 30 minutes? You get the idea, once again.

Thus, that person who is walking around either symptomless or with symptoms for any reason, and may actually be affected, would perhaps be safest kept a few minutes of air-space away, wouldn't they? Our own intuition tells us that the temporal distancing to be kept from people in the outside world during the outbreak, in open and ventilated areas, while wearing a mask yourself, is 3 minutes or more, which is MORE THAN A HUNDRED TIMES the estimated recommendations of the global health organisations. We consider the outside world to have the highest risk of spread (RED ZONE). For generally safer zones, such as within your own residential compound area (ORANGE ZONE) or your home (GREEN ZONE), our minimum temporal distancing recommendations are 2 minutes and 1 minute, respectively.

PART C: SUMMARY:

Perhaps this is the simplest solution to stop the spread of the global

pandemic outbreak: Firstly, stay at home, maintaining 10 feet of physical distance and 1 minute of temporal distance from any other person. Next, only if permitted by your government and if you are forced to step outside your home for any reason during the lockdown period, wear a mask, and maintain at least 20 feet of physical distance and 2 minutes of temporal distance in your residential compound area, and at least 30 feet of physical distance and 3 minutes of temporal distance in the outside world, from any other person at all times, while avoiding small closed spaces without any air ventilation (which may require much higher temporal distancing). In addition to the above, in all cases, clean or sanitise all items that you touch or use and take all other safety precautions, as advised by your government and the global health organisations.

Note: In case the physical and temporal distancing figures mentioned here are difficult to apply at all times, we suggest maximising them as far as possible, and minimising any time exposure below these levels. While these figures provided by our organisation are derived from a combination of research and intuition, we hope you will agree that these are standards that deserve re-evaluation by the relevant organisations. We also hope that our suggestions will help you increase your own levels of safety, security, and hygiene during the outbreak.

Thank you for reading this message from Hollistic®. Please feel free to share it with others if you found it to be useful. For other ideas and methods of staying more safe and protected during this period, or if you have any questions, you may visit our website, www.Hollistic.org. That's Hollistic with two L's. And most importantly, please stay safe and take care!

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