

The SHIELD model Regeer ®

S Sophisticated

H Healthy

I Intelligent

5 **E** Ending

L Limit

D Disease-escalation(s)



SUMMARY see WWW.LEO.NL for download documents

BACK TO BACK in Future to "NEW NORMAL" is the first priority!

10 Healthy people should simply not be isolated, we only do that for sick people with bacterial or viral infectious diseases.

15 Countries each have their own definition of age for seniors, but please note that with this virus outbreak, one should target the age at a high risk: people with the age of 70 or older, previously 75 + are only part of the risk group , people 80+ belong to more increased risk and people who already suffer from a disease and / or are obese. Children from young to old age back to school;

20 Restriction of freedom is by definition based on a situation of inequality, restriction of freedom against the will of people is by definition violent behaviour from the government. The author Leo Regeer now also writes a document from his own opinion here as a follow-up to earlier document Outlook COVID-19. He describes facts, observations from the present and advice for the near future.

It is clear to him that any country and any politician in the world is concerned, politicians do not appear to be the right people to take the right measures in the event of a virus outbreak at the right time. In fact, the politics in general can largely be held responsible for this current crisis and future malaise. Completely disastrous and unnecessary crisis, mainly due to medical model thinking, fear, panic and wrong decisions. After this COVID-19 period, it will become clear to the world that simple hygienic measures from the start of the outbreak (January 2020) would have been more than sufficient to achieve the desired immunity for the population.

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- What are the consequences for the near future after COVID-19?
 - **TEN IMPORTANT warning signals IN THE WORLD are on EDGE / ORANGE:**
- 50
- - 1. There is complete uncertainty about the concrete key figures as a result of the COVID-19, caused by the unfamiliarity with the COVID-19, but also due to the disorder of tests, measurements and working methods in all countries of the world, as well as insufficient transparency about the concrete COVID-19 mortality rate in different countries;
- 55
- - 2. All heads of government and experts have doubts, contradictions or are unsure how to remove or extend (to a lesser or greater degree intelligent) lockdowns; various countries also blame each other for the outbreak, there is no acceptance of their own shortcomings
- 60
- - 3. The world powers, the countries of the EU and the WHO / UN are more diametrically opposed than they cooperate, literally and figuratively back to back, world solidarity and general trust are shaken;
- - 4. This month, central banks of many countries in the world are spinning money presses to buy up immense spending, debt for the total unforeseen national aid expenditure of most governments, the world financial system is breaking down its joints;
- 65
- - 5. Most state aid goes back to multinationals, who were previously guilty of the practice of either tax avoidance or tax evasion in the countries concerned;
- 70
- 6. The millions of "ordinary" people lose their jobs and most of their income. Millions of poor, completely out of sight, are starving and suffering;
 - 7. Millions of healthy people are significantly limited in their constitutional right to freedom/liberty, (temporarily?);
 - 8. Isolate healthy people, resulting in: Out of balance, domestic violence, child abuse, depression, suicides will increase worldwide;
- 75
- 9. The small group of rich (Rich and Famous) in the world, in home isolation within their capital villa / estates, lying by the pool, tweeting to the rest of humanity "Hold on"? in sharp contrast to the people who are packed

80 in their shacks without food in home isolation ... And those rich even see
their wealth grow again this year, while middle-income and small
entrepreneurs worldwide see their savings evaporate;

85 - 10. Inequality between people in the world is again increased, the (too)
great contradictions in the world and in the individual countries become
painfully visible and increase the risk of major (underlying) (inter) national
conflicts;

how to proceed now?

The author gives his own personal opinion below;

International FIVE action points

90 The human-caused global crisis exposes all the contradictions in the world,
increases the chances of national and international conflicts, increases the threat of
death of even more millions of poor people through hunger and misery, including
the consequences of this crisis: especially the economy and the world's financial
system is under great pressure.

95 1. All leaders in the world could focus on a new life of MORE EQUALITY BETWEEN
COUNTRIES AND PEOPLE, removing as many inequalities as possible and increasing
the opportunities for world peace;

2. All world leaders should jointly and thoroughly analyze, accept and discuss this
issue and discuss and develop a "new world in Solidarity";

100 3. A global multi-year plan will have to be developed for a new kind of "SHARING
ECONOMY", a new FINANCIAL system and a new EMERGENCY health care system in
the world to be better prepared for future virus outbreaks.

105 4. It has become painfully clear in relation to the virus outbreak that large cities
with skyscrapers and masses of travel and cohabitation are not the way to go. This
also means that ignoring slums for the many disadvantaged in urban areas can no
longer be ignored. Start spreading these groups in the form of supervised
participatory work projects, to build housing with more hygienic places to live.

5. The breakdown of nature around the world must now really stop and offer nature the opportunity to recover as much as possible, regardless of whether or not you accept climate science.

110 **National FOUR Action Points**

1. Back to "NEW NORMAL" is the first priority: to resume life as quickly as possible but as gradually as possible on all fronts, always with social distance and extreme hygiene such as washing hands and keeping people's surroundings hygienically clean. See the **SHIELD METHODE REGEER ®** and the personal outlook.

115 2. Give all healthy people back their freedom step by step, not all of a sudden, i.e. using means such as car registration, alphabet for ID names, even or odd house numbers, all kinds of means to get people back into public life. The one who is sick stays at home.

120 3. Countries each have their own definition of age for seniors, but please note, with this virus outbreak one should aim for a high risk of age: people with the age of 70 or older, previously 75 + age belong only to risk group, people 80+ belong to more increased risk and people who already suffer from a disease and / or are obese. Children from young to old age back to school;

125 4. In every country, this crisis has also made it painfully clear which (care) shortcomings there are and which inequalities exist between the different population groups. So I also advise the political leader (s) in their own country to jointly and thoroughly analyze, accept and discuss and develop a "new Solidarity" long-term plan for a national society of less inequality.

130 Whoever has read my COVID-19 record document, knows my opinion of humanity, namely that we must take into account that every person is unique and that the 4 dimensions must be respected: The physical, the psychological, the social emotional and spiritual dimension of man.

My proposal: the **SHIELD METHODE REGEER ®** provides the four-dimensional approach.

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COVID-19 and the fieldwork of virologists

140 When humanity had no knowledge of the great world as we know it today, there were adventurers and scientists at the time to discover new continents, straits and nature, the explorers; big names like Columbus, Livingstone, Marco Polo, Charles Darwin, who doesn't know them?

145 Fortunately, in this 21st century, there are still these adventurers, more professional scientists who explore nature on Earth, are looking for the unknown. Similarly, virologists, not the virologists that we now see on TV and in media, but the virologists that perform fieldwork. The virologists working in hospitals, laboratories, the advisers in the WHO and national health committees and the virologists who perform fieldwork should actually work in close contact with each other. Unfortunately, the latter (the virologists performing fieldwork in nature and jungles) is much less heard. I wonder if there is enough cooperation in this area. 150 The field virologists have for some time been proclaiming, after years of research in the jungles, that viruses such as the COVID-19 virus that effect the world now (this virus is now the last known in a series) behave Darwinist * and through natural selection (Survival of the fittest) develop.

155 ** Darwinism is a theory of biological evolution developed by the English naturalist Charles Darwin and others, and argues that all types of organisms arise and develop through the natural selection of small, hereditary variations that enhance the individual's ability to compete, survive and reproduce to increase.*

160 In my first opinion piece COVID-19 I have already described that I consider a virus as part, organism from nature, a nature of which we ourselves are also a part. Well, it is not imaginary that the more nature is destroyed by humanity, the greater the risk of multiple Darwinian viruses developing and being released from that same nature. We humans become and will always be confronted with bacteria and viruses from nature and humanity builds up a certain immunity for this. In my opinion: 165 Healthy people should simply not be isolated, we only do that for sick people with bacterial or viral infectious diseases! When healthy people are isolated in total lockdown, the immunity / resistance of those people is broken down and in addition, that disturbed balance leads to many other new diseases that lead to stress, aggressive behavior, depression, child abuse, home violence, alcoholism, suicides, etc. And despite the millions of COVID-19 infections, the percentage of 170 death rate is not at all proportional to the calculation models used (see my

calculation in the 1st entry document) and does not justify the measures taken at all!

The Aftermath of this crisis created by humanity and political leaders, it will cause an untold number of unnecessary fatalities and not the COVID-19 virus.

175 This is precisely the reason why, in my opinion, the Total Lockdown, as implemented in many countries, is the wrong choice. Not to mention the crazy mass hysteria prior to lockdown: massive groups too close together, bunker rage, toilet paper fights and gun sales run(USA)... In the case of total lock down, the choice implicitly also becomes more difficult, in which way it is necessary to return
180 to the "new normal". I believe that an intelligent partial lock down makes that choice much simpler and less risky. By partial measures I also mean that the health and the economy (and therefore the social situation) of people are harmed as little as possible.

See also the **SHIELD METHODE REGEER** ® and the personal outlook.

185 **Author's opinion: Second wave COVID-19 is not plausible**

This April month, various government leaders are expressing concerns about a second wave of the COVID-19 virus outbreak. When politicians express "concerns", they mean they are afraid and don't know exactly what to do. As a result, populations perceive this feeling very well and thus again get into fear and panic.
190 As an example, Singapore is suggested, where COVID-19 was initially brought under control at an early stage, but now again a higher number of new infections is occurring. My opinion: this is not a second wave, but a "catching up", the hundreds of thousands of immigration workers, densely packed in apartment complexes on the outskirts of the city, were not "included" in the measures at the beginning of
195 the outbreak.

More interesting is China, the total lockdown was lifted step by step at the end of March, and after some new infections in the first half of April, cases have now started to decrease in recent weeks and no more people have died. I assume that these reports are now more reliable in April and so that gives hope that the fear of
200 a second wave of the COVID-19 virus may appear unfounded.

More plausible is the expectation that the Darwinian series of viruses will be continued by a COVID ...? virus. Let us express the hope that humanity will

205 have an opportunity to catch its breath first, make better decisions for equality between people and better protect nature and, in particular, make their lives more future-proof, in particular for future young generations

THE "NEW NORMAL" & RESTRICTION OF FREEDOM

Restriction of freedom is by definition based on a situation of inequality, restriction of freedom against the will of people is by definition violent behavior from the government.

210 In many countries, emergency ordinances are applied from governments during this COVID-19 period, which are undemocratic and unconstitutional. An emergency ordinance establishes measures such as the prohibition of group formation without keeping two arm lengths / one and a half meters distance, prohibition of events, 215 restrictions on travel and much more, all of which affect and violate the constitutional freedom of association, religion and education and violate the right to privacy. Those rights are enshrined in most countries in their Constitution. Only through the awareness of the population (s) that these measures are now needed to prevent the contamination with COVID-19 do people respond to - and agree to these measures. But how long can these measures last and for how long will people 220 continue to agree to curtail their civil rights? When people can no longer sustain it and the measures imposed against the will of people are imposed by the government, this situation will by definition become violent behaviour from a government to the population.

Such situations are unacceptable and highly risky for escalating violence. 225 To avoid this situation, I give here the example of the government in the Netherlands. The Dutch government is currently working on an emergency law to give the measures against the spread of the corona virus a firmer legal basis. This law must replace the emergency regulations within a few weeks in which the measures are now laid down. The law must also ensure better democratic support. 230 Emergency regulations cannot be debated and voted by politicians, but the emergency law, which is expected to last until September 30, does. Should an extension of restrictive civil rights and measures be necessary after September 30, this can be democratically voted on by a debate by the government in - and with parliament.

235 I express my personal hope that several countries in the world can follow suit to make the restrictions on freedom more democratic in the near future. An emergency law implicitly means that the law is applied **temporarily** and is, of course, evaluated per period, for example quarterly, and can then be adapted or removed, depending on the situation. It cannot expressly be the case that 240 restrictive measures can be imposed for a long time!

Some heads of government hold in their fear the statement that there must be a vaccine before people can completely get out of the lockdown ??? In my opinion that is completely nonsensical, if a vaccine is already being developed that has been found to be safe and does not contain any adverse side effects, then this vaccine will be available at the end of 2021 at the earliest and ... unnecessarily, because then COVID-19 is already expired and disappeared and there may be (but hopefully not) a completely different virus (see page 4) ... well, see previous description, to impose such a situation of long-term total lockdown and / or restriction on a population for years is, in my opinion, totally unacceptable and hopefully impossible in any country in the world.

Last but not least:

Back to Back into the future One thing is certain: measures for the "new normal" are fixed for the near future! In any case, the "social distance" between adult people will continue to exist for a long time. A note deserves special attention: For young children up to high school age, keeping a distance is abnormal and not possible. Young children play and touch each other, which is good for their social development. To what extent COVID-19 affects young children, they appear not to get sick now, but ... science simply does not yet know the concrete effect for children!

From my expertise in the field of aggression / violence, social distance has an additional advantage: unwanted behaviour always arises in interaction between people and the chance of aggression / violence between people increases if one person comes too close to another, against the will of the other. So in addition to the fact that two arm lengths or 1.5 meters between people reduces the risk of contamination, the same distance between people also promotes more friendly behaviour and less unwanted behaviour such as aggression / violence! The social distance may also have different variants, which are not so much considered. My vision: dangerous for spreading the virus are the face to face positions, I draw attention to the redesign of communal areas to think of back to back positions and not face to face positions.

- Seats can be moved in this back to back position in variable position, but with plastic screens and this may also give more capacity to travellers, think of all forms of transport, but also the terraces of restaurants, waiting areas, city parks, etc.
- Also our personal safety position (applied in our method against aggression) can be performed, if someone approaches too close, give stop sign with your arm, turn your own body 45 degrees to the left or right while stepping back, so that you don't make face to face contact.

280 **The experts' advice: *Where did it go wrong and can it go wrong again?***

Virally, a clip is circulating of Bill Gates, who already warned in 2015 about a future pandemic, which the world is not prepared for. In this he was partly proven, not the virus, but the fear, panic and insufficient intensive care have led to humanity realizing a crisis in 2020. Incidentally, I fully agree with Bill Gates that the world should build task forces for future epidemics. See also my descriptions in **the SHIELD**
285 **METHODE REGEER**® (page 4: ET, MET and CET, various Epidemic Taskforces)

Emergency hospitals for the front line in future epidemic outbreaks

And I think it is very important that all countries in the world will now calculate for **the near future** how many Intensive care beds and equipment are needed per 100,000 inhabitants. To date, but especially in Western countries, the average
290 number of IC beds per 100,000 inhabitants is about 6 - 7 beds in regular health care. In this COVID-19 period we observed that almost double the number of IC beds are required. So my advice is that countries can prepare this year to assemble emergency mobile hospitals with sufficient IC capacity of approximately 10 IC beds per 100,000 inhabitants. That is a great challenge for the world! **But what has**
295 **been learned:** due to the high priority of COVID-19 patients on the IC units and in regular care, regular care has been used as a front line instead of backup behind (often absent) emergency hospitals. As a result, many patients with other (serious) diseases have been and will be treated late, their care will be postponed, there will be no treatment or patients will have waived their care needs. After the Covid-19
300 period, there will be many unnecessary victims among these target groups later this year. The (WHO) statistics for the year 2020 will only be available at the end of 2021/2022 and then we will know more about the number of fatal disease victims in the world. I expect flattered numbers about specific diseases, namely the registration method in many countries will be very different again: *if someone already has a terminal condition, infected by COVID-19, will this death be registered with the terminal condition / underlying existing disease or COVID-19 as the cause of death?*
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National Outbreak Management Teams

Dutch situation: The Dutch cabinet in the person of Prime Minister Mark Rutte regularly consults with the Outbreak Management Team (OMT) of the RIVM (National Institute for Public Health and the Environment) and follows the OMT's
315 recommendations in a binding or perhaps blind manner. And who are members of that RIVM Outbreak Management team: although from various specialist groups such as epidemiology, microbiologists, infection specialists, etc., the entire OMT of RIVM consists of DOCTORS ONLY. Most (not all) countries in the world have a similar team advising their government.

320 That is to say, all advice is taken mostly on the basis of only the physical dimension of man, I do not exclude that the ladies and gentlemen can look broader than only the physiological component, but the emphasis is on the physiological side and all other specific areas of expertise can only comment from the "sidelines", their professional opinions are not included in opinions and other disciplines are certainly
325 not represented. * Without taking the three other dimensions as psychological -, social - emotional - and spiritual - dimensions (philosophy and ethics) into account in the advice professionally, advice can lead to major (perhaps adverse) consequences for the total population (s). (see my outlook document about the 4 human dimensions)

330 * (Dutch situation) I wrote my opinion document in the 1st week of April and placed it on the website www.leo.nl , to my great joy and surprise I saw that the parliament in the Netherlands (the 2nd Chamber) on April 22 in debate with the government on the COVID-19 measures, has tabled a motion adopted to indeed
335 expand the Outbreak Management Team with multiple - and other professionals than just the medical discipline!

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WHO and criticism, hypocrisy of government leaders

345 The Medical Model situation is comparable in the WHO (World health Organization).
However, as criticism is now being expressed by various leaders of countries about
the way the WHO works, in my opinion it is quite hypocritical and currently
completely out of order in COVID-19 situation.

350 After all, the WHO is part of the United Nations and all world leaders have known
very well how the WHO works for decades. The WHO has become a political
institution precisely by the world leaders of contributing countries themselves. If it
is necessary to point to "guilty", then I think political leaders should first consult
themselves before pointing their finger at each other. **Lesson to be learned:** I am
of the opinion that a major estimation error is made here by only considering the
Medical Model thinking as binding advice.

355 *It is clear to me that any country and any politician in the world is concerned,
politicians do not appear to be the right people to take the right measures in the
event of a virus outbreak at the right time. In fact, the politics in general can
largely be held responsible for this current crisis and future malaise.*

360 So in the future I would like to suggest that the WHO will be maintained for the
various functions, but that in addition to new virus outbreaks the WHO will not act,
but a completely new and independently operating institution. This mandate
institute, totally politically and financially independent, with the characteristics such
as a SHIELD institute should be solely responsible for containing the outbreak with
all related measures for all countries in the world!

365 I therefore explicitly advise the reader to take note of:

The **SHIELD METHODE REGEER** ®

SHIELD : **S**ophisticated **H**ealthy **I**ntelligent **E**nding and **L**imitation of **D**isease -escalation(s).

- How better and broader advice can be met on all human dimensions, now
and in the future, and

370 - How the maximum possible medical -, ethical - and social safety for the
population can be guaranteed in the event of a virus outbreak.