

Transcript of [COVID-19 Home Safety](#)

A Message by the American mystic & sage Daniel Clay

Now you think about isolation and you think about homes where there are children and there are parents and maybe there are grandparents, and you think about the divisions of people and you say, “how do we isolate these people in this corner of the house? And how will we isolate people in that corner of our dwelling?”

And we say to you, how many times have you gone through similar illnesses?

Now, some people will say to you, COVID-19 is much more contagious than the flu. Yes, it is! If you are talking about being close to a stranger and maybe them coughing and you walking through the area. But when you are talking about a family confined to a house where everybody is already in tight corners, everybody is already tightly quartered together, even slightly contagious becomes highly contagious. And something like the measles, which is super contagious, becomes little more contagious than the flu or the Coronavirus, because you're constantly next to each other.

So how is it that for 30, 40, 50 years families have lived in the same household, one member gets the flu and no one else in the household gets the flu? Common sense! That which was learned during the great flu pandemic: that hands had to be washed, and that you never ever ate after someone, that sneezing and coughing had to be contained, and that sick-people did not share food with well-people.

If you put into practice those same common sense hygiene elements, this—in close quarters—will still be contagious, but it will be no more contagious than other diseases are. Because once you get in close quarters, with the exception of a few things that truly hang in the air for long periods of time, everything becomes truly contagious. And everything is mitigated in the same way: by washing hands, not sharing eating utensils or using food being passed with leftovers from one person's plate being eaten by another or raked back into a pot. Life is more important than a few scraps. But this has been what killed people in distant generations past when things were just so precious and hygiene was so difficult.

You don't have that in today's world in the countries that have wealth. So, if you tend to your hygiene—if you tend to your hygiene, your likelihood of passing things to others becomes very low.

So, with that thought in mind, we tell you it *is* important then that you be together, because in being together, you have better mental health, and better mental health keeps your immune system stronger, so you can actually fight.

Now, for those few who are truly exposed, and they think their clothing and everything is exposed, keep a clean set of clothing in a room that you can enter. Enter that room, take your clothing off that has been exposed. Immediately put it into the laundry, put yourself into a shower and then put on your clean clothing and enjoy your family. It is important for the mental health of your family and of yourself.

The danger is in doing foolish things. And if—if you become exposed and you become ill, then the previous instructions are important.

You cannot totally isolate yourself from home, but if you follow common sense guidance, you do not need to worry about everyone in the home becoming ill. But you would be greatly benefited if you have the proper remedies, as we have told you previously, for this ancient illness.

We leave your blessings and with peace. Peace be with you.

Daniel Clay