

Lockdowns and restrictions are costing us dearly. We must get back to normal, as soon as possible. But **there is no going back to normal with the virus spreading wild.** Schools will still quarantine, restaurants will still see reduced attendance, and hospitals will still be crowded.

The way back to normal passes through curbing the spread – not eradicating the virus, but reducing the number of cases to an amount so low that effectively we can go back to normal. And **it's possible to do it without restrictions.** Here is how.

The virus spreads in the air. In the absence of good ventilation, it floats in enclosed spaces for hours. **This is a pandemic of dirty air,** and we must make our air clear again.

First, we should **improve ventilation.** Opening windows when the weather affords it. **Using air purifiers** (the cheapest are below \$150). **Avoiding crowded spaces. Preferring outdoors to indoors.**

Second, we must prevent the release of the virus in enclosed spaces. This means **wearing masks, good ones: N95. They are supposed to be comfortable.** If yours isn't, you should try a new model, just like you would with shoes. Then, adjust their metal strip and elastic bands so that they fit your face without gaps nor pain. If your loved ones lament that their mask is uncomfortable, help them find a comfortable one and adjust it.

Third, we must prevent the infected from spreading the virus. This means **frequent testing and preventive quarantines.** If we do the first two steps correctly, there will be less virus circulating, and thus fewer quarantines.

Fourth, we must support each other. **Inform our loved ones on the points above,** being clear without being paternalistic. Help each other without losing humanity.

Fifth, **we must prevent our good work from being ruined by eventual people traveling from abroad and bringing new variants in.** For this reason, we will introduce some international travel restrictions. This might hurt the tourism industry, so we will subsidize those negatively affected. The cost for the country is much lower than letting the virus ravage us.

**This is a pandemic of dirty air. We must make it clean again.** Only then, will our world go back to normal.

