

—REASONS TO— WEAR A MASK—

—THIS—
YEAR



—OUR—
LORD



2026



A LIL' MANIFESTO ABOUT TAKING CARE OF YOURSELF AND OTHERS
— WITH OVER 50 CITATIONS! —

BY GILLIAN LEVINE

YOU MIGHT BE THINKING:

SHUT UP ABOUT COVID ALREADY!!



UM, HI.

AND LOOK, I GET IT!

NO ONE WANTS TO THINK ABOUT THE STUPID PANDEMIC ANYMORE. AND LIKE, IT'S OVER!

OH I'M NOT SICK. JUST THIS COUGH I'VE HAD FOR THREE MONTHS.

COUGH



COUGH

COUGH

RIGHT?

THIS GIRL I GRADUATED WITH DIED OF A STROKE! SHE WAS ONLY 36, AND LIKE, IN CRAZY GOOD SHAPE!

OMG, THAT HAPPENED TO MY OLD COWORKER! HE WAS 40 AND A RUNNER. JUST DIED IN HIS SLEEP!

DAMN. I GUESS MERCURY IS IN RETROGRADE.

RIGHT??

RIGHT?!

TWITTER.DOT.COM



@crunchy_mama
RAW MILK BOOSTS YOUR IMMUNE SYSTEM



@regular_person
WHY AM I ALWAYS SICK? 😞

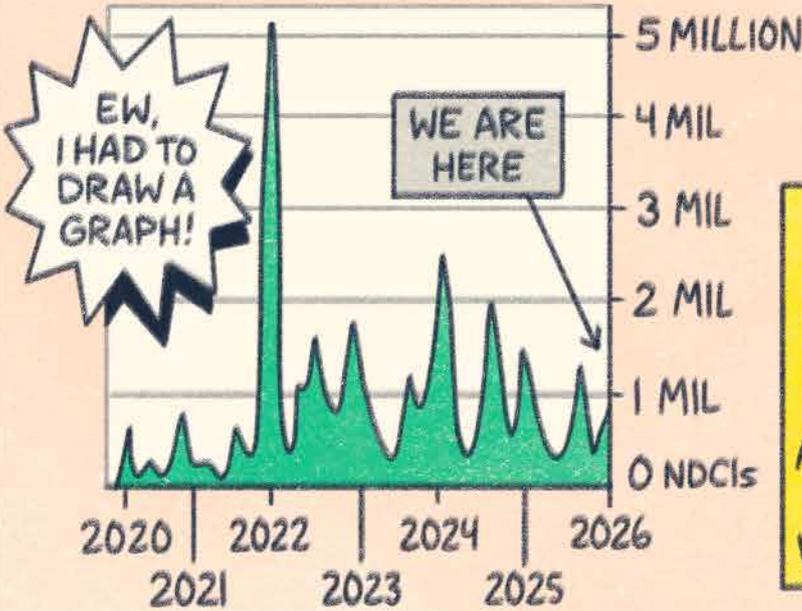


@reuters
THE RIZZLER TO RECEIVE KENNEDY HONORS

WELL... NO.

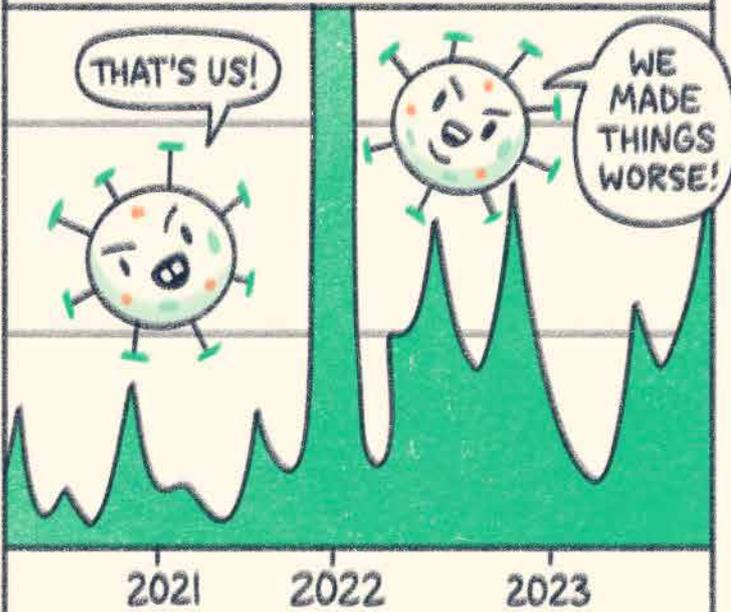
ACCORDING TO WASTEWATER DATA,* COVID IS MORE PREVALENT NOW THAN IT WAS IN 2020.

NEW DAILY COVID INFECTIONS (NDCIs)²



💩 FUN FACT! 💩
* THE CDC AND OTHER GROUPS³ TRACK DISEASE SPREAD BY MONITORING OUR SEWAGE. THE AMOUNT OF COVID IN POOP WATER SHOWS US HOW MUCH OF THE VIRUS IS CIRCULATING IN SOCIETY.

SEE THAT BIG SPIKE IN THE GRAPH? THAT'S OMICRON.



BEGINNING WITH THAT WAVE, COVID BECAME WAY MORE CONTAGIOUS.⁴

THAT'S BAD! BUT THANKS IN PART TO THE VACCINE, FEWER PEOPLE ARE DYING OF THIS SUPER TRANSMISSIBLE VIRUS IN ITS ACUTE PHASE.⁵

THE JAB IS FOR SHEEP! A PODCASTER WHO SELLS HIS OWN BRAND OF UNREGULATED SUPPLEMENTS SAID THE VACCINE MAKES YOU NON-BINARY SO THAT'S WHAT I BELIEVE!⁶



YIKES! JUST IGNORE THAT LAST GUY, OBVIOUSLY.



ALL OF US WHO ARE WILLING AND ABLE TO GET VACCINATED ARE DOING IT. WE CAN MOVE ON NOW!

WE DON'T NEED NO STINKIN' MASKS!



BRING ON THE COVID, BABY. I'M VAXXED AND RELAXED.

BUT WAIT.



YES, YOU SHOULD GET A VACCINE. BUT IT'S >FAR FROM< PERFECT.⁸

IT'S KINDA LIKE AN AIRBAG.



IN AN ACCIDENT, IT COULD BE THE DIFFERENCE BETWEEN LIFE AND DEATH. BUT LET'S BE REAL...

NO ONE EVER WANTS TO TEST THEIR AIRBAG.



BECAUSE EVEN IF IT SAVES YOUR LIFE,



YOU CAN STILL GET SUPER HURT.

SO! THE VACCINE CAN SAVE YOU FROM DYING OF A COVID INFECTION.

— BUT —
YOU STILL NEED
TO
WEAR A MASK.

WHY?!
GET READY FOR IT...

THE COLLAPSE OF PUBLIC HEALTH PRESENTS:

-7TH ANNUAL-

A SARS-CoV-2 PRODUCTION

LONG COVID FEST 2026



FEBRUARY 2020 - ???

FEATURING

BLOOD CLOTS • STROKE • BRAIN FOG • DIABETES • DIZZINESS • HAIR LOSS • CHRONIC KIDNEY DISEASE • HEART FAILURE • JOINT PAIN • LOW BLOOD OXYGEN • SHORTNESS OF BREATH • COUGH • ANEMIA • RASH • HYPERTENSION • DEBILITATING FATIGUE • HIGH BLOOD PRESSURE • PALPITATIONS •

WHAT IS IT?

A CHRONIC, SYSTEMIC DISEASE⁹ THAT DEVELOPS IN ROUGHLY

1 IN 3 PEOPLE

WHO HAVE HAD A COVID INFECTION.¹⁰

WHERE?

YOUR HEART, LUNGS, IMMUNE SYSTEM, BRAIN, BLOOD VESSELS, PANCREAS, KIDNEY, SPLEEN, GASTROINTESTINAL TRACT, AND REPRODUCTIVE SYSTEM.¹¹

FEATURING

PULMONARY EMBOLISM • HIGH RESTING HEART RATE • TINNITUS • ME/CFS • CHEST PAIN • MEMORY LOSS • BRAIN DAMAGE • HEADACHES • MUSCLE SORENESS • ACID REFLUX • ORGAN DAMAGE • LOSS OF SMELL • REDUCED SPERM COUNT • POTS • IRREGULAR MENSTRUATION • AND MORE!¹¹

> BROUGHT TO YOU BY <

LATE STAGE CAPITALISM • AIRLINE CEOs¹² • CORPORATE LANDLORDS

SEE NEXT PAGE FOR MORE INFO!

LONG COVID FEST 2026

WHAT TO KNOW



THE VACCINE WON'T MEANINGFULLY PROTECT YOU FROM LONG COVID¹³



EVERYONE IS VULNERABLE, NOT JUST ELDERLY OR DISABLED PEOPLE¹⁴



EVEN MILD/ASYMPTOMATIC COVID INFECTIONS LEAD TO LONG COVID¹⁵



LONG COVID IS NOW THE NUMBER ONE CHRONIC ILLNESS IN KIDS¹⁶



THERE IS NO CURE¹⁷



WEARING AN N95 MASK IS THE EASIEST, CHEAPEST, AND MOST EFFECTIVE DEFENSE AGAINST DEVELOPING LONG COVID¹⁸



OK, SO LONG COVID CAN RUIN YOUR LIFE, BUT MAYBE IT WON'T IMPACT YOU?

ARE YOU GETTING LONG COVID THIS YEAR? THE LINEUP IS KILLER!

NAH, NOT ME. I HAVEN'T EVEN HAD COVID SINCE 2024.¹⁹

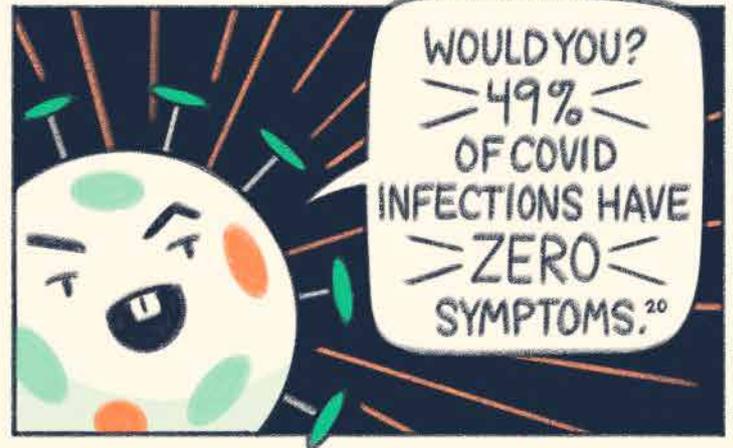


BUT YOU'RE NOT MASKING. YOU COULD BE SICK AT ANY TIME.

UM, I THINK I'D KNOW.

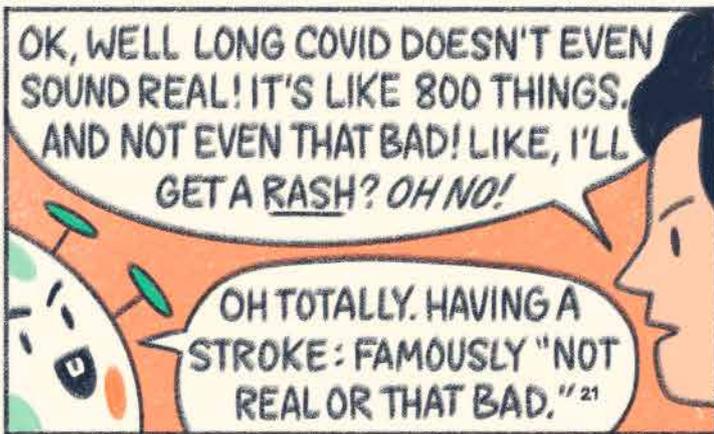


WOULD YOU?
— 49% —
OF COVID INFECTIONS HAVE
— ZERO —
SYMPTOMS.²⁰



OK, WELL LONG COVID DOESN'T EVEN SOUND REAL! IT'S LIKE 800 THINGS. AND NOT EVEN THAT BAD! LIKE, I'LL GET A RASH? OH NO!

OH TOTALLY. HAVING A STROKE: FAMOUSLY "NOT REAL OR THAT BAD."²¹



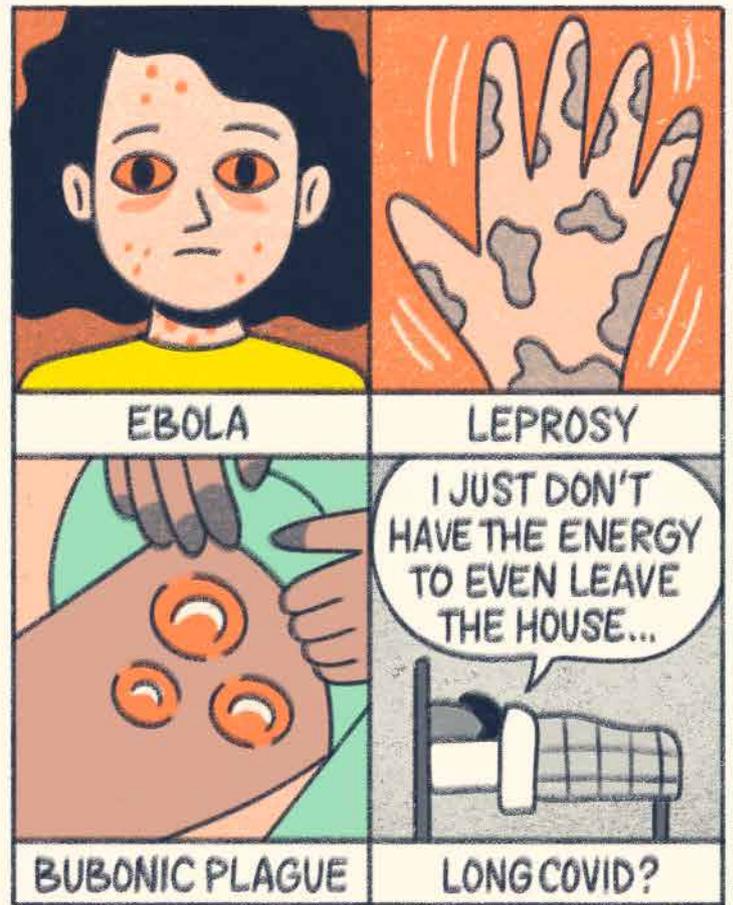
DUDE, WHATEVER! I'LL TAKE MY CHANCES. I'M NOT WEARING A STUPID MASK!

YOU'RE LITERALLY ARGUING WITH A VIRUS!



CAN I SAY SOMETHING REAL QUICK?





COVID IS A NEW DISEASE.



BUT IT'S ALREADY ONE OF THE MOST RESEARCHED VIRUSES IN HISTORY.

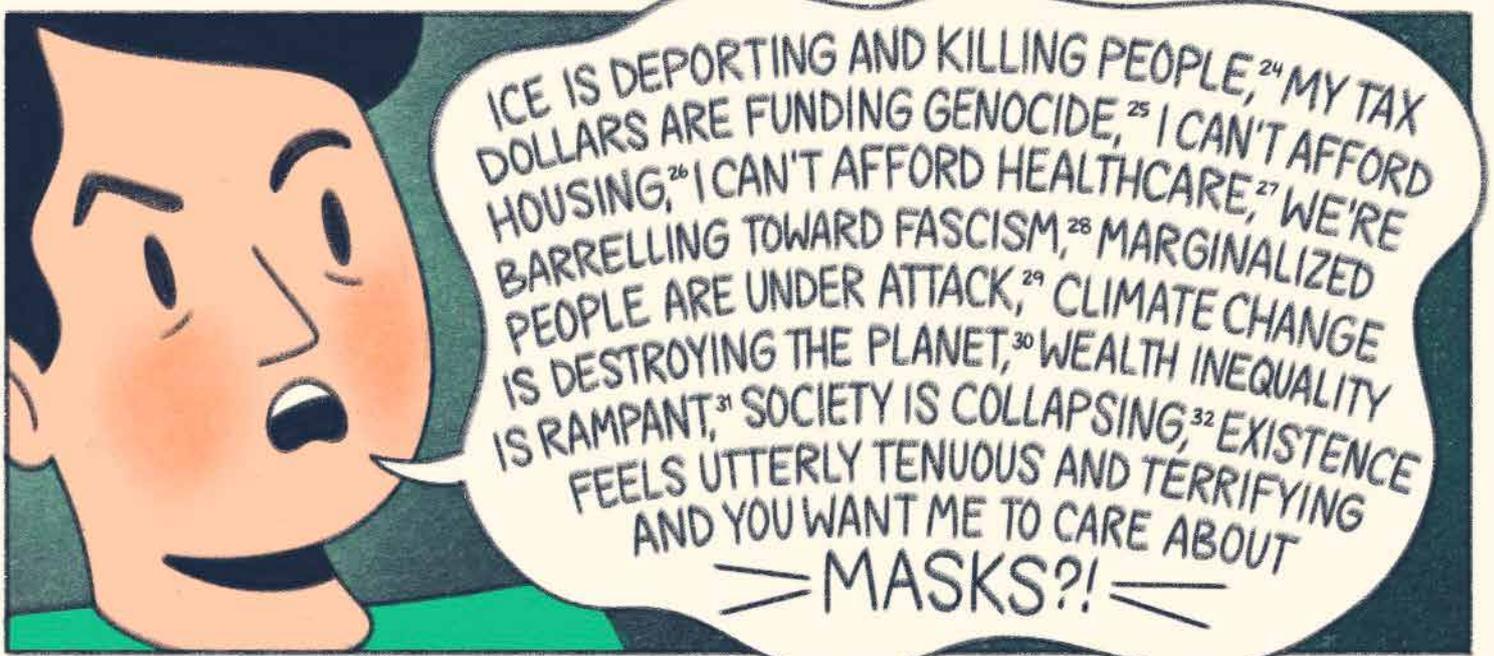
AND BECAUSE IT'S NEW, THERE'S STILL SO MUCH WE DON'T KNOW ABOUT THE LONGTERM EFFECTS OF INFECTION.



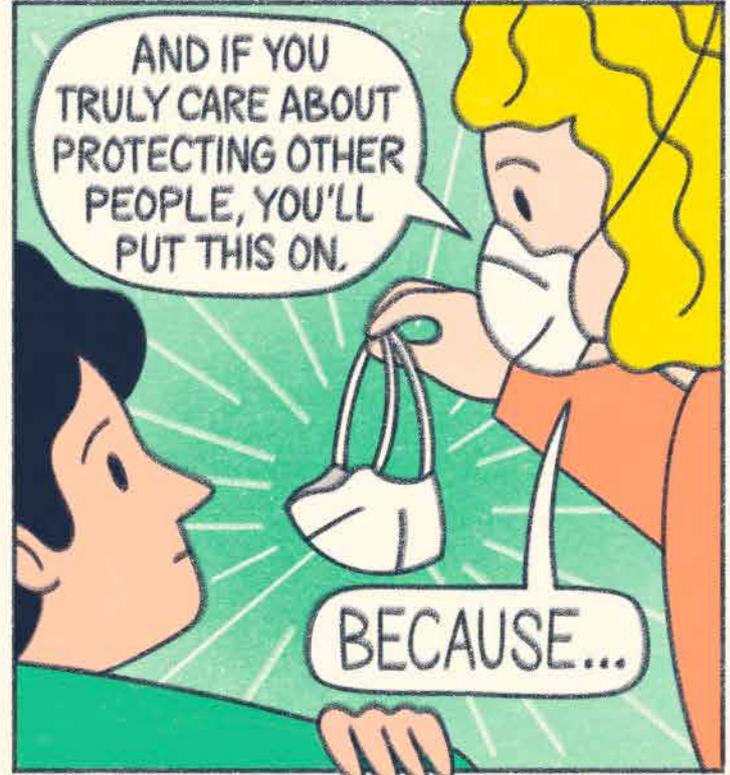
BUT WHAT WE DO KNOW IS ALREADY REALLY BAD.¹⁷



WHAT DO YOU WANT FROM ME?! THE WORLD IS FALLING APART!!



ICE IS DEPORTING AND KILLING PEOPLE,²⁴ MY TAX DOLLARS ARE FUNDING GENOCIDE,²⁵ I CAN'T AFFORD HOUSING,²⁶ I CAN'T AFFORD HEALTHCARE,²⁷ WE'RE BARRELLING TOWARD FASCISM,²⁸ MARGINALIZED PEOPLE ARE UNDER ATTACK,²⁹ CLIMATE CHANGE IS DESTROYING THE PLANET,³⁰ WEALTH INEQUALITY IS RAMPANT,³¹ SOCIETY IS COLLAPSING,³² EXISTENCE FEELS UTTERLY TENUOUS AND TERRIFYING AND YOU WANT ME TO CARE ABOUT MASKS?!



DON'T GET COVID

IT BREAKS CHAINS OF INFECTION⁴²



MASK UP! BECAUSE

YOU ONLY HAVE ONE BODY

DON'T SPREAD COVID

KILLING AND MAIMING OTHERS IS BAD

IT PROTECTS EXTRA VULNERABLE GROUPS LIKE KIDS AND THE ELDERLY

IT MAKES YOU A MORE EFFECTIVE ALLY TO THOSE IN NEED

COVID SPREAD IS CLASS WARFARE^{38,41}

MEDICAL BILLS ARE EXPENSIVE

PROTECT OTHERS

IT'S A WORKERS' RIGHTS ISSUE⁴⁰

COVID DISPROPORTIONATELY HURTS MARGINALIZED COMMUNITIES

IT'S A DISABILITY RIGHTS ISSUE³⁹

PROTECT YOURSELF

IT'S A GOOD DISGUISE AT PROTESTS³⁴

IT PROTECTS YOU FROM FLU, COLDS, ETC.³⁵

THERE IS NO CURE FOR LONG COVID

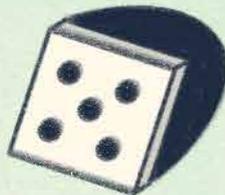
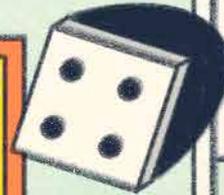
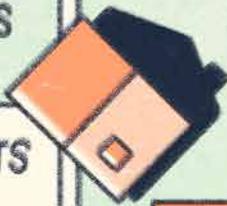
IT'S A PATIENTS' RIGHTS ISSUE³⁶

IT MAKES YOU MORALLY CONSISTENT³⁷

IT'S A PRISONERS' RIGHTS ISSUE³⁸

WEARING A MASK

IS THE EASIEST WAY TO MAKE A DIRECT, POSITIVE IMPACT ON YOUR COMMUNITY.



✓ THINGS THAT WILL STOP THE SPREAD OF COVID ✓



✗ THINGS THAT WON'T ✗



SURGICAL MASKS⁴³



HANDWASHING⁴⁴



ELBOW COUGHING⁴⁵



VARIOUS POTIONS⁴⁵



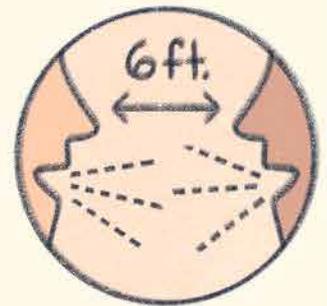
BEING YOUNG AND HEALTHY^{14,16}



POTATOES IN SOCKS⁴⁵



HEALING CRYSTALS⁴⁵



STAYING 6 FEET APART⁴⁶

SOME FINAL THOUGHTS



STOP COVID DENIAL

THE CDC SAYS THAT >100,000 AMERICANS ARE DYING OF COVID A YEAR— MORE THAN PROSTATE AND BREAST CANCER COMBINED⁴⁷

RUNNING HOME-MADE OR COMMERCIAL AIR PURIFIERS REDUCES THE AMOUNT OF VIRUS IN INDOOR SPACES⁴⁹

FIGHTING INJUSTICE IS HARDER IF YOU'RE SICK OR DISABLED⁴⁸

IF YOU TRULY WANT TO BUILD AND PROTECT YOUR COMMUNITY — STOP — SPREADING — A VIRUS — THAT HURTS YOU AND EVERYONE ELSE

EACH REINFECTION IS A ROLL OF THE DICE FOR SYMPTOMATIC LONG COVID⁵⁰

PROTECT EACH OTHER!

EACH COVID INFECTION CAUSES LONGTERM IMMUNOCOMPROMISATION⁵²

BILLIONAIRES DON'T CARE ABOUT YOU⁵¹

— 90% — OF LONG COVID CASES COME FROM "MILD" INFECTIONS¹⁵

WEARING AN N95 COULD SAVE YOU FROM A LIFETIME OF ILLNESS AND PAIN⁵³

♥ YOUR NEIGHBOR





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Special thanks to my husband for his help. I promise I'm a fun person!

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32. *Repeatedly infecting everyone with a brain damaging virus doesn't bode well from a 'Preventing Collapse' standpoint, nor does creating more sick and disabled bodies to stress an already inadequate medical system, just sayin.'*

Nikiforuk, Andrew. "This Physicist Says We Don't Take COVID Seriously Enough | the Tyee." The Tyee, 31 Oct. 2025, thetyee.ca/Analysis/2025/10/31/Physicist-COVID-Seriously-Enough/, <https://thetyee.ca/Analysis/2025/10/31/Physicist-COVID-Seriously-Enough/>.

33. *To quote your mom, if all your friends jumped off a bridge, would you jump too?*

34. *You can have a little disguise from the cops, as a treat.*

35. *It's actually bad to get infected by viruses, including colds and flus. The idea that we need to train our immune systems by exposing them to viruses is actually an anti-vax myth. And COVID specifically damages our immune systems, leaving us more susceptible to all diseases.*

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John Snow Project. "Leave Those Kids Alone." John Snow Project, 2024, johnsnowproject.org/primers/leave-those-kids-alone/.

36. *With COVID spreading unchecked in all medical and dental settings, it's not safe to get healthcare. Hospitals are where you're supposed to go to get better, not to get a deadly, disabling disease.*

Doubleday, Julia. "Hospitals Are Killing Patients Because They Don't Feel like Doing Infection Control." Thegauntlet.news, The Gauntlet, 23 Aug. 2023, www.thegauntlet.news/p/hospitals-are-killing-patients-because.

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37. *You care about injustice and suffering. You care about social justice issues. Public health is a social justice issue that affects each and everyone one of us.*

Taylor Lorenz. "'Somebody Needs to Do It.'" YouTube, 19 May 2025, www.youtube.com/watch?v=zXrjIOE9e50.

38. *Prisons and jails have conditions ideal for maximum COVID spread, and prisoners aren't allowed to protect themselves from it. Arrested at a protest? The sentence could be a lifetime of disability.*

Adler-Bolton, Beatrice. "From Class War to Carceral Violence: How Covid Still Shapes Our Struggles." Substack.com, Blind Archive, 7 Sept. 2024, blindarchive.substack.com/p/from-class-war-to-carceral-violence.



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Wong, Alice. "COVID Isn't Going Anywhere. Masking up Could Save My Life." *Teen Vogue*, 17 Jan. 2024, www.teenvogue.com/story/covid-isnt-going-anywhere-masking-up-could-save-my-life.

40. *Not to get all Marx up in here, but COVID is the ultimate workers' rights violation.*

Blake, Evan. "The Barbarism of "Forever COVID" and the Fight for Socialist Public Health." *World Socialist Web Site*, 5 Sept. 2024, www.wsws.org/en/articles/2024/09/05/vtjp-s05.html.

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Blake, Evan. "The COVID Cover-Up, or How the Ruling Class Learned to Stop Worrying and Love the Virus." *World Socialist Web Site*, 25 Feb. 2023, www.wsws.org/en/articles/2023/02/25/pers-f25.html.

42. *Wearing an N95 stops the chain of infection. Not wearing an N95 perpetuates the chain of infection. When South Korea still had contact tracing, it was discovered that one symptomless child attending a Taekwondo class ultimately infected 75 households with COVID within three weeks. Now consider every time you use public transport, visit a grocery store, go to the gym, see a live show, get drinks after work - without a mask.*

Park, Eunkyung, et al. "Widespread Household Transmission of SARS-CoV-2 B.1.1.529 (Omicron) Variant from Children, South Korea, 2022." *Yonsei Medical Journal*, vol. 64, no. 5, 2023, p. 344, <https://doi.org/10.3349/ymj.2022.0608>.

43. *COVID is airborne and surgical masks don't block aerosols. You need a mask that seals to your face and filters particles.*

Bar-Yam, Yaneer, et al. "Open Letter to WHO: A Call for the Universal Use of Respirators in Healthcare - WHN." *World Health Network*, 6 Jan. 2026, whn.global/a-call-for-the-universal-use-of-respirators-in-healthcare/.

The John Snow Project. "Don't Breathe It In." YouTube, 10 July 2022, www.youtube.com/watch?v=kX9t8jQ9-fM. Accessed 16 Feb. 2026.

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Onakpoya, Igbo J., et al. "SARS-CoV-2 and the Role of Fomite Transmission: A Systematic Review." *F1000Research*, vol. 10, 14 June 2021, p. 233, <https://doi.org/10.12688/f1000research.51590.3>.

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46. *That "six feet apart" thing is fake news, y'all.*

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48. *Fighting injustice is infinitely harder when you're sick.*

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49. *Corsi-Rosenthal boxes, or cubes, can be constructed from materials found at hardware stores: four MERV-13 filters, duct tape, a 20-inch box fan, and a cardboard box (I have one in my living room, it helps with wildfire smoke too).*

Dimitri, Carl, et al. "A Type of Simple, DIY Air Filter Can Be an Effective Way to Filter out Indoor Air Pollutants." *Brown University*, www.brown.edu/news/2022-12-23/corsi-cubes-study.

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51. *The Koch Brothers did evil stuff that made COVID worse for everyone? I, for one, am shocked.*

Bragman, Walker. "How the Koch Network Hijacked the War on Covid - EXPOSEDbyCMD." *EXPOSEDbyCMD*, 22 Dec. 2021, www.exposedbycmd.org/2021/12/22/how-the-koch-network-hijacked-the-war-on-covid/.

52. *The recent major study cited below concludes that SARS-CoV-2 infection is a condition of long-lasting immune compromise.*

Jiang, Zhengqi, et al. "Persistent Attenuation of Lymphocyte Subsets after Mass SARS-CoV-2 Infection." *International Journal of Infectious Diseases*, Dec. 2025, p. 108287, [www.ijidonline.com/article/S1201-9712\(25\)00509-0/fulltext](http://www.ijidonline.com/article/S1201-9712(25)00509-0/fulltext), <https://doi.org/10.1016/j.ijid.2025.108287>.

53. *We need to work together to make this world a better place. That will require compromise and sacrifice, and in the fight against the rich and powerful, we need to find common ground and care for each other. You don't want Long COVID. You don't want to be responsible for giving someone else Long COVID. Wear an N95 as often as you can. Be a good human. Take care of yourself, and the people around you.*

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