

# The Open Air Method: What We Might Be Missing To Treating COVID-19

During the Influenza pandemic of 1918, it was common practice for sick patients to be treated outside in tenets or open wards. This is known as the open-air method. The English physician John Coakley used the open-air method in 1791 to treat children suffering from tuberculous.

*A combination of fresh air, sunlight, scrupulous standards of hygiene and reusable face masks appear to have substantially reduced deaths among some patients and infections among medical staff.*

*-20% of COVID Patients Caught Disease at Hospital*

Sunlight increases vitamin D levels, which boosts the immune system. Additionally ultraviolet light renders viruses like COVID-19, and the flu, inactive. During the Influenza pandemic, in a typical hospital that had 76 cases, 20 patients would die in a three day period while 17 nurses would become sick. Adopting the “open air” method brought fatalities down from 40% to 13%.

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Today, our modern hospitals are severely lacking in the “open-air” method. It’s been estimated by several different studies that a large portion of COVID-19 cases are being contracted within hospitals. Numbers from NHS England indicate that up to 20% of hospital patients with COVID-19 became infected at the

hospital.

*Nurses and other staff have inadvertently passed on the virus to patients because they did not have adequate personal protective equipment (PPE) or could not get tested for the virus.*

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In Wuhan, China it's estimated that hospital-related transmission is associated with 41% of cases. In the U.S., it's estimated that 1.7 million healthcare-associated infections occur in hospitals each year. In past outbreaks, SARS, which is similar to COVID-19 has been said to be a "super spreader" in Ontario in 2003, 77% of SARS cases were contracted in a hospital.

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Dr. John Loannidis recommends not going to the hospital with COVID-19 if your symptoms are mild. Many people are able to spread COVID-19 to those who are immune-compromised. A study analyzed the mortality rates of 5,700 patients in New York City who were placed on ventilators. The mortality rate of these cases was anywhere from 76.4% to 97.2% depending on age.

If you're worried about COVID-19, having a healthy gut is the best thing you can do to avoid getting sick, and of course sunlight and fresh air are great too.

**Recommended: *How To Heal Your Gut***