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CONCIERGE PERSONALIZED CARE
GYNECOLOGY • HORMONE THERAPY
INTEGRATIVE MEDICINE

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To: All My Patients:

RE: Novel ("New") **COVID-19** Pandemic

I want to make you aware that I have added two new links on my website Home Page addressing the impact of the **Coronavirus (COVID-19) Pandemic** <https://gordongunnmd.com>. I encourage you to read the article and watch the full video. I want each of you to diligently practice my *Four Cornerstones For Your Health-Span: Nutrition, Exercise, Meditation for Stress Management and Sleep* (8 hrs.).

PREVENTION: I encourage you to be diligent in adapting the following prevention recommendations. There is currently **NO** preventative vaccine available for the **SARS-2-CoV** virus.

- Avoid all sick individuals
- Wash your hands with soap and water x20 seconds *before* eating and *after* coughing/sneezing or bathroom visits
- Don't touch your face, eyes, mouth, etc.
- Stay home, if you become ill
- Cover your sneeze
- Disinfect frequently touched household objects
- **BE MINDFUL**

SYMPTOMS: **SARS-2-CoV** virus causes *upper respiratory tract disease* and can cause *pneumonia*.

- Fever (83-98%)
- Cough (46-82%, usually dry)
- Myalgia (muscle aches) or fatigue (11-44%)
- Shortness of breath at onset of symptoms (31%)
- Less common symptoms: sore throat, headache, productive cough (thick, colored sputum), nausea, bowel change, hemoptysis (bloody sputum)

There is a great deal of confusion as to our actual risk of contracting the virus and our risk of dying of complications. What we do know is that this viral infection will spread, and it will spread rapidly. Currently, the over-riding question for all of us is: **WHEN** should we stay home to limit our exposure from being infected? If we are exposed, it could be from someone that has contracted the virus and is not showing any symptoms, and yet is contagious. This is due to a 4-6 day incubation period. Therefore, I strongly feel that if you work in an environment where you cannot control your exposure to others, strongly consider staying home for the foreseeable future. How long? Think in terms of weeks, if not 2-3 months. It is just too early to tell.

As always, should you have a question or a concern, email me or text me. For an emergency, call me. We will all get through this very difficult period. Be patient and mindful.

Warm regards,
Gordon Gunn, M.D.