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CONCIERGE PERSONALIZED CARE  
GYNECOLOGY • HORMONE THERAPY  
INTEGRATIVE MEDICINE

## COVID -19 PANDEMIC

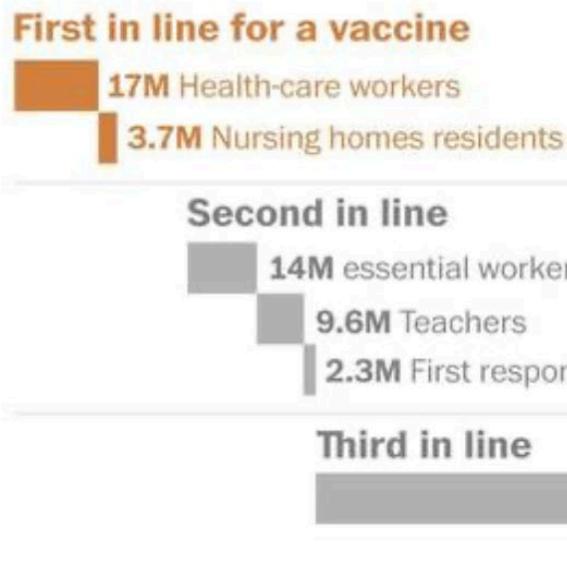
### DECEMBER 2020 UPDATE

- ◆ This pandemic has not reached its peak yet. Today our local hospitals are nearing their capacity to accept new patients – for *any* type of emergency, including those seriously ill with COVID-19.
- ◆ The current ‘Third Wave’ (resulting from the Thanksgiving Holiday gatherings) will likely roll over into a “*double hump*” rise after the pending Christmas & Hanukkah Holidays and further increase the number of cases and deaths to unimaginable levels.
- ◆ Protecting ourselves and our families is more critical than any time since the outbreak began in February. As our risk of being infected escalates as the number of known AND UNKNOWN cases increases we ALL must ask ourselves: “Is really worth the risk of gathering?”
- ◆ Avoid gatherings of family and friends this season until this peak has significantly declined, which most likely is not going to occur until 70% of our local geographic population has been infected or has been vaccinated.
- ◆ I strongly urge you to stay at home in your protected environment, except when absolutely necessary to venture out for necessities.
- ◆ WEAR A MASK whenever you are around others.

### Questions Patients Are Asking:

- ◆ **Question: Where can I get tested for the COVID-19 virus?**
- ◆ **Answer:** <https://occovid19.ochealthinfo.com/covid-19-testing#wheretest>
- ◆ **Question: What is the status of the current vaccines?**
- ◆ **Answer:**
  - **Pfizer Pharmaceutical’s** vaccine has just been approved by the FDA.
  - **Moderna Pharmaceutical’s** vaccine is pending approval from the FDA.
  - Both vaccines are very effective in preventing the development of symptoms in infected patients. There is no data as to how effective it is in preventing infection.
  - CDC recommends the vaccine for people 16 and over.
  - Recommendations will be a moving target and subject to availability.

- ◆ **Question: When will the vaccine be available to the general 'low-risk' population?**
- ◆ **Answer:**
  - Unknown, as of today. Realistically, I do not expect it to be available at your local pharmacy **until** summer 2021, hopefully.
  - Current projected eligibility sequence for receiving the vaccine:



- ◆ **Question: If I have been exposed to someone who tested positive for COVID-19, what precautions should I take and when should I be tested?**
- ◆ **Answer:**
  - 1<sup>st</sup> - Quarantine at home and try to limit being close to other family members
  - 2<sup>nd</sup> - Obtain a COVID-19 test on the Day 4-5 after being exposed
  - 3<sup>rd</sup> - If you develop symptoms, start the Immune Supplements (listed below)
  - 4<sup>th</sup> - If you test Positive, remain quarantined until your symptoms are gone  
AND you have a Negative follow-up test, usually 14-21 days.
- ◆ **Question: If I had COVID-19 (or if I am vaccinated), do I still need to wear a mask?**
- ◆ **Answer: Yes. Why?**
  - **Immunity** (either by prior infection or by a vaccination) protects YOU against having serious symptoms should you be exposed and infected in the future.
  - **Immunity does NOT** prevent you becoming infected, and therefore, infectious to others. The risk to others is that you would likely not know you were infectious.
  - It will be important for all persons who are vaccinated in the future to not have a "*False Sense of Security*" as to their unrecognized ability to spread the virus.
- ◆ **Question: When is it safe NOT to wear a mask?**
- ◆ **Answer:**
  - **At Home:** If you know where your family members have been and **are** not at risk of being exposed, you don't need to wear a mask.
  - **Outdoors:** When strolling, jogging or walking your dog **and** if you're always more than 10 feet away from people, you don't need a mask.

- ◆ **Question: Does it matter what kind of mask I wear?**
- ◆ **Answer: Yes.**
  - N95 masks filters (traps) COVID-19 viral particles & is the best protection.
  - Cloth masks will filter most of the moisture containing the virus (good), but not necessarily the viral particles that are spread outwards as you exhale (bad) or inhale the air of nearby persons (bad).
- ◆ **Question: Is there a proper way to wear a mask?**
- ◆ **Answer: Yes.**
  - All masks MUST be properly worn to be effective. When properly fitted to your face, your breathe will be forced to pass ONLY through your mask. IF you exhale and your breath escapes around your nose or cheeks, you are just redirecting the outward flow of moist air. If you inhale and feel the air entering around your mask, you are NOT protected. **REVIEW** this link for an actual demonstration of why this is important:  
<https://www.washingtonpost.com/investigations/2020/12/11/coronavirus-airborne-video-infrared-spread/>

## SUMMARY of COVID-19

- ◆ **TRANSMISSION:** The COVID-19 virus is primarily transmitted in respiratory secretions (your breathe) and saliva. Contaminated surfaces are less likely to be a source of infection than previously believed. Hand sanitizers and washing with soap & water are still important.
- ◆ **INCUBATION PERIOD to Having Symptoms:** Mean: 6.4 days; Range 2-12 days.
  - **REMEMBER:**
    - An infected person is infectious to others during their incubation period.
    - An infected person will likely be infectious for up to 14 days EVEN if they do not develop any symptoms. This is why this disease is so contagious.
- ◆ **SYMPTOMS: COVID-19 causes *upper respiratory tract disease* and can cause *pneumonia*.**
  - **Fever** (83-98%)
  - **Cough** (46-82%, usually dry)
  - **Myalgia** (muscle aches) [10-50%]
  - **Fatigue** (11-44%)
  - **Shortness of breath** (31%) – Use a pulse oximeter to measure the blood oxygen saturation (O<sub>2</sub>) [available on Amazon or pharmacy.]
  - **Less common symptoms can include sore throat, headache, productive cough** (thick, colored sputum), **nausea, bowel changes, hemoptysis** (bloody sputum)
- ◆ **MORBIDITY (Symptoms):** Estimated that 80% of infections are mild or cause NO symptoms
  - ◆ **NOTE:** There is an unknown **amount of risk** for long range (months) inflammatory damage (caused by the COVID-19 virus) to the heart, brain, lungs and GI tract, causing profound fatigue, foggy thinking, shortness of breath, sensitivity to food and bowel changes. It is too early to know how long these residual physical effects may persist.

- ◆ **MORTALITY RISK:** New data < ~1.4%. [Seasonal flu is ~0.1%]
  - Deaths are occurring mainly in the elderly & patients with co-morbidities (chronic lung diseases, overweight/obesity, diabetes, heart disease, kidney disease).
  - However, deaths are increasingly being seen in younger, 'healthy' persons.
  - Hospitalized ICU patients who require intubation have a mortality rate of close to 70% and 15% are discharged to a skilled nursing facility.
- ◆ **PREVENTION:** Personal protection (masks, social distancing, hand sanitation).
  - Avoid all sick individuals.
  - Wash hands with soap and water x 20 seconds before handling food or eating, after coughing/sneezing or bathroom visits.
  - Don't touch the face, eyes, etc.
  - Stay home
  - Cover your sneeze.
  - **BE MINDFUL**
- ◆ **TREATMENT :**
  - **Bio-Botanical Research Biocidin TS Throat Spray.**
    - Available @ Amazon \$27
    - **Dose:** 2 sprays every hour at the first sign of any sore throat.
  - **Vitamin A Liquid (Genestra Brands - A-Mulsion) (3,000 mcg), 1 Fl oz**
    - Available @ Amazon \$20
    - **Dose:** 60,000 ugm or 200,000 IU (**total 20 drops**) for **2 days only**.
    - **Note:** Pregnant patients should NOT take Vitamin A at high doses.
  - **Optimal Vitamin D3 (2,000 IU) Drops by Seeking Health**
    - Available @ Amazon \$20
    - **Dose:** **25 Drops** (50,000 IU for **1 day**, reduce to **5 Drops/day** until illness resolves)
  - **Zinc AG Chelated Tablets (180 tabs) - Metagenics.**
    - Available @ Amazon.com \$35
    - **Dose:** 20 mg, 2-3 tablets per day, divided doses with food, until illness resolves.

**BE PATIENT AND STAY SAFE**

**HAPPY HOLIDAYS**

Gordon C. Gunn, M.D.

December 14, 2020