

Coronavirus Newsletter Dr. John Enayati Century Wellness Center 03/05/20 shared by Nancy Doyle

Please don't panic. Refrain from jumping to conclusions when having a cough, a runny nose, a fever; *unless you have met certain conditions, it's unlikely you have the coronavirus.*

What are those conditions? Have you been to China, Iran, Italy, Japan, South Korea, or India in the last 14 days, prior to your symptoms? OR . . . Have you had close contact with a laboratory-confirmed COVID-19 patient in the 14 days prior to your symptoms?

What is the coronavirus?

20% of the common colds we get are from coronaviruses. Most are passed human to human and are very mild. Occasionally, these viruses infect an animal- like a bat or a camel or pangolin- where they mutate and then infect humans. Two such viral strains have emerged that are more infectious and deadly: SARS with mortality of 9.5% and MERS with mortality of 34.5%. These have been contained. A new 2019 strain of SARS (called SARS2) which is 80% similar to the old SARS is the new mutation that causes COVID-19. It appears to be more infectious and much harder to contain.

Symptoms The symptoms of coronavirus are the usual symptoms of having the flu: Fever. Cough. Shortness of breath. *The cough of COVID-19 infection is dry, non-productive!*

- Fever Cough Runny nose Headache Sore throat General feeling of being unwell Difficulty breathing
- More serious: pneumonia, bronchitis, lung lesions
- Coronavirus typically causes mild to moderate upper-respiratory tract illnesses with symptoms that resemble the flu or a bad cold.
- Approximately 70% of cases report an initial fever presentation that comes on slowly and a dry, barking cough after the first day.
- The time from exposure to the onset of symptoms is thought to be about two to 14 days.
- Approximately 90% of the cases present clinical symptoms by nine days post-infection.
- There is a chance that asymptomatic patients may be infectious in the 24 hours before they have symptoms.

When should you go to the hospital emergency room?

1. If you experience lots of trouble breathing (breathing faster than > 30 breaths a minute)
2. If you can't walk without feeling faint
3. If you don't feel better even when your fever is down (e.g., ~1 hr after ibuprofen/acetaminophen)
4. If you are no longer making much urine
5. If you are confused and not making sense when you talk.

Most "cold" viruses stay in the upper respiratory system- the nose, the throat, the sinuses. It is when these viruses move to the lower system; the lungs,- that they cause pneumonia (viral pneumonia) and a cascade of total body infection known as sepsis and inflammation in the lungs known as ARDS. Pneumonia and ARDS and multiorgan involvement are complications of COVID19 which markedly increase the risk of death.

PRECAUTIONS TO TAKE NOW!

Prevention Guidance

Coronavirus isn't just floating in the air you breathe ... you actually need to come in contact with it. You need to actually touch it.

It can live on dry or wet surfaces for up to a week.

A little bleach goes a long way to keeping your environment (and ours) clean. It is recommended to spray counters and surfaces with a cleaner containing bleach and leave it sit for 5-10 minutes; in order to kill coronavirus and other viruses. Wipe with a fresh paper towel and discard.

PROPERLY WASHING HANDS

Follow these steps:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Wash half way up your arm toward your elbow.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.
6. **Keep them clean:** In public places, use a towel to turn a door knob or turn the water off. In elevators, use your knuckle to press buttons.
7. **Do not touch your face** until you have thoroughly washed your hands.

Reduce your risk of coronavirus infection



Source: World Health Organization

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