

Coronavirus

What do we know about the Coronavirus?

Coronavirus is a family of viruses that cause symptoms which are similar to the common cold. The new strain is a mutation that we have not been exposed to before and, because of this, we have not developed natural immunities to the new strain.

What are the symptoms of coronavirus?

Fever, cough, and shortness of breath are the major symptoms.

- fever
- cough
- shortness of breath
 - short of breath at rest
 - inability to lie down because of difficulty breathing
- sore throat
- chronic health conditions that you are having difficulty managing because of your current respiratory illness

Who is at risk?

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease
 - Suppressed immune systems
- Children do not seem to be at higher risk per CDC.

How do you protect the family?

Given what we know about immunity and integrative medicine, there are many tools that we can use to boost the immune system. Below are a few recommendations (these recommendations have not been approved by the FDA):

1. **Vitamin D**; optimizing your levels can help naturally boost your immune system; 5,000 iu daily
2. **Vitamin C** oral; 2000 - 3000 mg daily; vitamin C has many anti-viral properties
3. **Hydration and Intravenous therapies**; we offer many immune boosting IVs at AIIM
4. Address the GI tract; **probiotics and gut healing**; much of our immune system starts in the gut, therefore it is important to heal the gut, via immunoglobulins and glutamine
5. **Elderberry**; Elderberry has been shown to naturally boost antiviral cells in the body
6. **Homeopathic Gelsemium**
7. **Magnesium**: 400 mg daily (in citrate, malate, chelate, or chloride form)
8. **Zinc**: 20 mg daily
9. **Selenium**: 100 mcg (micrograms) daily
10. **Lauricidin**: antiviral derived from coconut; 1 teaspoon, twice daily for a week and increase to three teaspoons daily.

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- Washing your hands is always the best thing you can do!!!



- Hand sanitizer can also be effective, but make sure to use at least 2-3 squirts and get sanitizer with greater than 60% alcohol. Rub into hands for 20 seconds just like handwashing.
- Avoid public places of 20 or more people as much as possible and buffet style restaurants.
- Children should avoid sleep overs and play dates.

What to do if you think you or a family member has Coronavirus

- Stay home and try to isolate the person showing symptoms (as much as possible) from the family a minimum of 14 days or until they are symptom free.
- The person with the illness should wear masks to avoid getting others sick.
- If anyone has cold symptoms, keep them away from grandparents and people with underlying medical problems or compromised immune system.
- Talk with your healthcare provider if you or a family member has difficulty breathing (shortness of breath), unable to drink liquids, fever is not coming down with medication, or children who are inconsolable or exhibit behavior that is not normal for your child. Let your medical team know that you are worried about coronavirus exposure so they can triage you appropriately.
- Currently there is not testing at our office. Hospitals including Children's Healthcare of Atlanta has the ability to send specimens for testing but, currently, they are only testing people who are hospitalized.
- To be prioritized for testing at the Georgia Public Health Laboratory, patients must meet the state's criteria, which evaluates a combination of symptoms and risk factors.
- Patients who don't meet priority requirements can consider testing at commercial labs.
- For more information, visit the Georgia Department of Public Health's website.
- **Direct to patient test kits will become available soon and we will keep you posted as we learn more about access, pricing and processes.**

Visiting the office with any cough, cold symptoms or suspected Coronavirus

- All sick visits will be conducted as a Phone Consult. If at that time, the provider feels like you need to be seen, an in-office visit will be scheduled.



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- Please let the front desk know if you or your family member has a cough or fever. We will provide face masks so that the staff does not get infected and can continue to help treat patients.
- If you are picking up supplements, we are happy to bring them to your car – just give us a call and you won't even have to come inside!

