

Corona Virus - Update

I have been receiving multiple calls and inquiries from patients concerned about travelling within the continental United States and exposure to Coronavirus or its new name, Covid-19. To date, there have been NO cases identified in the general population outside the high-risk groups whose exposure came in China or from exposure to sick individuals who caught their illness from someone who had been to China. While the quarantine has slowed the spread of the virus here in the continental United States, there are still many unknowns such as:

1. What are the different ways it is transmitted?
2. Can asymptomatic persons transmit the disease before they become ill and how far in advance of symptoms can they be contagious?
3. How long can the untreated virus live and transmit the disease on a surface such as a tabletop or doorknob?
4. How aggressive is this virus? What percentage of the patients who contract the illness get minimally ill? What are the unexpected risk factors for severe complications? Why is the illness sparing children - for the most part?

If you have travel plans in the USA, I suggest you go. Given the season, it's far more likely to contract illnesses such as cold or influenza.

When you travel, as always, wash your hands frequently and keep them away from your face. Wipe down surfaces with antiviral commercial preparations frequently.

If you still haven't received your flu shot, get one now! Consider a second seasonal flu shot if it has been more than 3 months since the original one. However, expect to pay for the second shot since most insurers do not cover it. Also, most pharmacy technicians will say you don't need it.

Do not hesitate to call me if you have any questions.