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To all parents:

With the present threat of the COVID-19 virus, many have been asking for my opinion as to what they should do. With this being a new strain of virus that we have never encountered, it is very likely that if we are exposed, we will become sick.

Reports have estimated 80% will have mild cold-like symptoms and 20% will have more serious symptoms. Those with known chronic illness, lung disease (i.e., asthma, chronic lung disease), cardiac disease, diabetes, immune suppressed conditions, etc. are at higher risk of severe illness and pneumonia. It's not a matter of 'if' but rather 'when' we will encounter this virus in our area.

My advise is to listen to the experts, avoid unnecessary situations like meetings, large groups, etc. The best offense is a strong defense! My recommendations for strengthening your immune system is as follows:

Vitamin C (as ascorbate), 1000mg (milligrams) 2-3 times a day or as stomach tolerates (for at least two weeks)

Take my recommended dose for short periods of time if you believe you have been exposed

Vitamin D3 (to be taken with meals - ***need to check blood levels if taking for over a month***):

2-3,000 IU (international units) 2-3 year olds

5,000 IU (international units) 5-10 year olds

10,000 IU (international units) for older children

Elderberry Syrup – Children: one teaspoon orally every 2-3 hours

Adults: one tablespoon every 2-3 hours

Astragalus 200mg (milligrams) 3 times a day

Micellized Vitamin A

25,000 IU (international units) twice a day ***for 2 DAYS ONLY*** (for children less than 10 years old)

100,000 IU (international units) ***take for 2 DAYS ONLY*** (for children older than 10 years)

NAC (N-acetylcysteine) 600-900mg (milligrams) 2-3 times a day ***(if there is a history of lung disease)***

Remember to wash hands with soap and water (may also use alcohol based hand-sanitizer) and avoid touching the face. Be concerned....but not afraid.

Thank you!

Dr. Ramon Ramos