Hey Everyone-

Hope you are all healthy and safe.

I saw a really good talk from a critical care doctor in New York about how to protect yourself and your loved ones from COVID19. You have probably all seen this information in some format or another, but his message was succinct and clear, so I thought I’d share it.

Most transmission happens this way: Touch contaminated surface 🡪 touch face 🡪 get sick

Rules to keep from getting sick

1. Know where your hands are and keep them clean. Never touch your face when you are outside of your house. We touch our faces all the time—hard habit to break
2. Keep hand sanitizer with you when you leave your house. If you touch something, clean your hands with a drop of sanitizer
3. Maintain your 6-foot safe zone: droplets from a cough or sneeze can travel 6 feet (ick!)
4. Shrink your social circle. The fewer in-person contacts you have the less likely you are to get sick.

--Symptoms: fever over 100.4, dry cough, chest tightness are the big 3.

--Masks: Outside of a healthcare setting the purpose is to keep you from touching your face. It also keeps your spit from contaminating surfaces. The kind of mask you wear doesn’t matter

--Household contacts: most transmission is now occurring from one household member to another. Anyone who leaves the house should wash their hands as soon as they come home. Clean any surfaces your dirty hands have touched.

--If someone in the house is sick: they should have their own bedroom and bathroom. Time spent with the family is from a distance of at least 6 feet while wearing a mask; the sick person should clean all surfaces he/she touched before going back to isolation.

--If you get sick: if things go bad, it will happen on about the 5th-7th day. Go to the hospital if you get short of breath with minimal exertion (like going from the bed to the bathroom). The vast majority of people who do get seriously ill will recover even if they require ICU care. You are “safe” when it has been 72 hours since you stopped coughing or having a fever

--If you need to see a doctor: do it through telemedicine whenever possible

--Testing: still limited in most communities, often just for healthcare workers or those patients sick enough to be admitted to the hospital.

--Kids and young adults: children under age 14 are unlikely to get sick from COVID, but they can spread it to others very easily. While young adults are less likely to get seriously ill or die from COVID, there are young, healthy adults who end up in the ICU on ventilators. So everyone needs to take this seriously

Immunity: As far as we know, immunity develops about 2 weeks after someone gets sick

Hope this is helpful.

Stay safe and stay healthy