

UPDATE ON CORONA VIRUS AS OF April, 2020

By

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I have been asked to give an update on the current Corona Virus pandemic which seems to be changing daily. As of April 9, 2020, there have been over 1000 confirmed cases of COVID-19 and 17 deaths in Orange County. Governor Newsom has requested to shelter in place, only essential services to stay open, and everyone to wear Personal Protective Equipment (PPE) with social distancing of at least 6 feet. These measures were enacted to flatten the curve to keep the number of cases below the threshold of what the medical facilities can handle. This way we don't become like New York City where the demand far outpaced the ability of the healthcare to supply necessary equipment, ventilators, and hospital beds for victims of this pandemic. As of today, the curve is flattening so Governor Newsom has sent 500 of 11,000 ventilators to New York City. The month of April will be the peak and May should begin the downslope of this pandemic so that President Trump may declare less draconian measures by June.

The range of symptoms of COVID-19 have also been expanded to include dry cough, fever, shortness of breath, tightness of chest, loss of taste and smell, body aches, and fatigue. It seems to be more prevalent in men than in women, and less prevalent in ages 15 and younger. Immuno-compromised individuals with co-morbid conditions such as elderly, diabetes, use of tobacco products, lung disease, and heart disease are more likely to end up with pneumonia and end up on the ventilator. For these very sick patients that wind up in the Intensive Care Unit, anecdotal treatments include Azithromycin, hydroxychloroquine, zinc, and even anti-viral drugs to treat Ebola virus have been tried.

This COVID-19 virus has been able to cross animal to human, human to human, and now humans to cats and dogs. It is resistant to vinegar, but sensitive to Clorox wipes, 70% rubbing alcohol (as in hand sanitizers), and heat greater than 125F. It has been shown to remain viable up to 3 hours on cloth, 9 hours on paper and cardboard, and up to 72 hours on hard surfaces, such as countertops. Carrying hand sanitizers and Clorox wipes to clean your hands

and other surfaces helps prevent the spread. Wash your hands with soap and water for at least 20 seconds frequently and avoid touching your face.

The vaccine is expected to take about 9 months to develop and tested prior to being manufactured and distributed in mass quantities in 3-6 months after FDA approval. Air and sea travel (cruises) will probably not be feasible until the end of 2020 or beginning of 2021. The good news is that the measures of social distancing and economic standstill appear to be working. With time, this too shall pass and America will survive.