

UPDATE ON CORONA VIRUS

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. The current Corona Virus appears to have started in Wuhan, China fish market on December 31, 2019 after consumption of a bat. By January 1, 2020 it had spread to 8 people who were in that market. Ophthalmologist Dr. Li Wenliang was the first one to recognize the new SARS-like virus. Unfortunately, he and his colleague died of it. The virus is contagious 2 days before symptoms present and incubation period is 14 days. The symptoms include dry cough, fever, fatigue, shortness of breath, vomiting, diarrhea, and even pneumonia which can lead to death. People with high risk factors such as tobacco use, cardiovascular disease, compromised immune system, and elderly are extremely susceptible to this very contagious virus which can remain viable up to 9 hours on dry surfaces such as counters, hand rails, tray tables, etc.

Unfortunately, there is no treatment or vaccine for this virus. The best thing is prevention. Stay at least 6 feet away from sick people. Put a N95 face mask on them. Wash your hands with soap and water for at least 20 seconds and frequently. Avoid touching your face and eyes. Wipe surfaces with alcohol and/or disinfectant. Avoid activities which involve large number of people such as conventions or concerts. A face mask will not do you much good if you are healthy, but it will prevent spreading the virus to others if you are sick. Drink plenty of water and stay at home if you feel sick.

The Department of State has declared certain countries as Level 3 alert, which means that no travel is advised there. They are: China, Iran, South Korea and Italy. Visit CDC website for Corona Virus travelers advice:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

In retrospect, the measles and TB infections are far more contagious than Corona virus. Influenza is deadlier than Corona virus. There are currently only 14 deaths from Corona Virus in United States compared to thousands from Influenza and all of them are in people with underlying medical conditions. Keep your immune system strong by getting plenty of sleep and taking your

prescription medications and vitamins as directed. Please call your family physician if you suspect that you were infected with the Corona Virus and they will direct you to the Department of Health for testing.