

UPDATE ON COVID-19 May 2020

By

Mark N. Monroe, M.D.

I am being asked every day: “When can we go back to normal?”. In all honesty, I don’t think we will go back to “business as usual” in the near future. More and more states are opening up for business cautiously. Social distancing is still enforced, but some businesses are starting back up.

Governor Gavin Newsom announced today that some businesses, such as florists, toy stores, sporting good stores, trails, and beaches, will reopen very soon with social distancing guidelines still in-force. Social gatherings, such as yacht clubs, may soon be able to have their social events starting in July as long as 6-foot apart rule is enforced and avoiding buffet dining. In the meantime, using electronic media is the best way to keep up with your family and friends.

We get new information about this novel virus every day as the scientists and medical community learn more about it. It has been noticed that the Vitamin D level in very sick COVID-19 patients was very low. This vitamin helps the immune system to fight during the COVID19 cytokine storm. A simple blood test will determine if one needs to take supplements to improve the chance of fighting this virus. There are certain foods that are enriched with Vitamin D2 which is nicknamed the sunshine vitamin as it requires sunshine to activate it to D3. Vitamin D3 can be purchased already activated and for most people 2000 units per day is enough to maintain healthy levels. It has also been noticed that taking a blood thinner, such as baby aspirin OTC or prescribed blood thinners such as Xarelto or Eliquis, will prevent forming of blood clots during the cytokine storm that could be fatal in people with certain co-morbid conditions.

It is strongly recommended that everyone wears a mask when around others. This is not to protect yourself, but rather protect others from possible infection. Your family doctor would be the best person to advise you if you need any additional protection to survive these challenging times.