Date Mar 11, 2020

Dear Patients, Members, Families!

We are indeed in an interesting time.  As many of you may know, the SARS-CoV-2 has made it to Island County.  There has been 1 confirmed case as of today, March 10, 2020\*

(\*at the time we are composing this email)

We would like to update you with:

1- information about the SARS-CoV-2 and it's spread.

2- Prevention, treatment options, and tips to tackle stress and fear

3- Steps we are taking during this outbreak to continue to serve you!

*\*\*Before we begin... let us start by saying, take a deep breath. Remember, JOY IS AN ANTIMICROBIAL.  This is SO important.  As much as this is scary, we must remember to do our best, and recognize we will still be OK even if we cannot control the outcome of a pandemic. What we can do is modulate our response and assist each other in a unifying experience towards better and broader understanding of health, cooperation, and self-care.*

**INFO AND UPDATE on SARS-CoV-2**

Compiled from recent *Infectious Disease Association of CA* that gathered this past weekend to disseminate the most up to date information:

**HOW DOES COVID 19 usually LOOK?**

* One week of myaglias (muscle pain), malaise (muscle fatigue), cough, low grade fevers
* Gradual more severe trouble breathing in the second week of illness.
* It is an average of 8 days to development trouble breathing or "shortness of breath."
* Average 9 days to onset of pneumonia/pneumonitis.
* **It is not like Influenza, which has a classically sudden onset.**
* Fever was not very prominent in several cases, so is not a "must"
* Symptom onset is between **2-9 days post-exposure,** with median of 5 days. This is from a very large Chinese cohort.
* **Patients infected with the SARS-CoV-2 can shed the viral material 1-4 weeks after their symptoms resolve.** Patients diagnosed with COVID-19 should have x2 neg tests (RNA tests) more than 24 hrs apart
* Local information for cases in Island County: <https://www.islandcountywa.gov/Health/Pages/COVID-19.aspx>
* Statewide updates and information (including testing, and hotline info): <https://www.doh.wa.gov/emergencies/coronavirus>

**WHAT DO I SO IF I START TO FEEL UNWELL?**

* IF you develop a sore throat, fever, cough.**STAY HOME.**Take care of yourself with rest, hydration, and home treatments to help you recover.   You should look at staying home for AT LEAST 2 weeks depending on the course of illness.
* IF you develop trouble with severe cough and/or trouble breathing, please go to the nearest ER.
  + Testing is available, but should be performed at a facility that can also test for the influenza virus, have breathing treatments available, and have rooms that have*airborne infection isolation rooms or contact/droplet isolation rooms*. This means a hospital setting is best.
  + *Remember, if you test positive for the flu, you will not need a COVID 19 test since the chance is <2% to have both.*
  + *You will likely need a chest X-ray as well!*
* Please call us if you are at all in question of what to do.

**PREVENTION, TREATMENT, AND ... Coping with it all**

**PREVENTION**

**1) SELF CARE AND AWARENESS**

* Make sure you rest, eat well, and hydrate.
* Take your vitamins!
* Exercise regularly if you are able!
* Avoid sugar, alcohol
* Do not go out if you don't have to. Avoid major public events if not necessary
* The dept of Public Health recommends 6 feet distance from someone who is sick.

*Mucous membranes, that is: EYES, NOSE, MOUTH are the areas most susceptible.*

* DO NOT TOUCH YOUR FACE if at all possible.
* Wash you hands (minimum 20 seconds with warm soapy water. 60 sec best)
* Sanitize with minimum 60% ethyl alcohol sanitizer after touching door handles, or any public areas.
* Cleanse when you arrive home, BEFORE you do anything else!
  + Shower
  + Face rinse protocol:   
    GARGLE (hydrogen peroxide OR Grape seed extract in water). Sinus rinse and rinse eyes with saline or in shower.
* Consider an air cleaner or UV-C light/air purifier that kill microbes. We use the UV-C plug ins, that are less expensive, but can be placed in more spaces. More expensive but better products are known by Molekule ad Vollara which can cover larger air spaces.
* Briotech  <https://www.briotechusa.com/topical-skin-spray> has been noted to be equivalent to cleaning surfaces to ethyl alcohol by UW reseachers.  You may wish to use this resource as well.

**2) IMMUNE SUPPORTIVE treatments and practices**

**Foods that boost the immune system:**

* Antiviral foods/spices: shiitake mushrooms, garlic, onion, oregano, sage, lemon balm, rosemary and ginger
* ORGANIC and Non-GMO whole foods
* MORE clear broth soups and tea: bone broth, miso, chicken soup (see soup recipe at the very bottom.
* Focus on increasing healthy PROTEIN and VEGETABLE sources and PROBIOTIC rich foods: yogurt, kefir, sauerkraut, kim chi

**Supplements that boost the immune system/known anti-viral properties:**

* Vitamin C (non-GMO ): 3,000-6,000 mg per day divided doses
* Vitamin D3: 5,000 IU per day
* Zinc Picolinate: 30 mg per day with meals
* EHB blend by *Integrative Therapeutics* (Zinc, Vit A, B6 ,C, D, Zinc, with herbs licorice, bromelain, GARLIC, Echinacea, Goldenseal, oregon grape) \*\* We have a stock in office if you need.
* NAC: 600 mg 2x per day empty stomach
* Immune support mushrooms *Host Defense*from *Fungi Perfecti:* <https://fungi.com/>

**Anti-viral herbs**

* Sambucus nigra (Elderberry): 30 drops 3x per day
* Oregano oil gel caps: 1 cap 2x per day
* Olive Leaf Extract: 500 mg 2x per day
* Elecampane: 1 droperful 3x per day

**IF You Have Developed symptoms:**

* Increase your Vit D3 of 5000 IU to 3x per day
* Increase Vit C to 1000 mg every hour as your GI will tolerate.
* Increase Vit A to 20,000 IU per day WITH FOOD for 5-10 days {\*\*ONLY SHORT TERM. Long term high dose is hard on the liver}
* Sauna (if you have access): 20-30 min per day

**3) COPING**

**Home preparation**

* Keep a 1-3 month supply of non-perishable goods for you and the family, including pets!
* Keep a 1-3 month supply of essential medications in case of an interruption of supply.
* Identify child-care plans in case schools are canceled for extended periods.
* Discuss working remotely with your employer(s) in the case the illness becomes wide spread.
* Consider supplies needed to take care of a sick person at home.
* Make sure you have some stash of your favorite treat(s) as well!

**Work preparation**

* Work plan remotely as much as possible
* Cancel all non-essential travel.
* Transition to video and remote meetings

**Self and family**

* Spend time in meditation, prayer, walking in nature each day
* Keep family times a priority, especially for you children.  Incorporate play, games, and fun activities.
* Have family meetings to create your plan and keep games and fun (ie play music when you have to organize, for example) involved.
* Activities to boost well-being: <https://www.psychologytoday.com/us/blog/stronger-the-broken-places/201708/30-practices-boost-well-being>

**DO YOUR BEST.  TAKE CARE OF YOURSELF.  LET GO OF WORRY.  Do something every day that reminds you of the joy in your life, and what you have control of.  Walking barefoot on the earth has been noted to increase your sense of control in your life, as does many other practices if you are already finding "the inner balance."  (And, has no side effects except needing to wash your feet :)**

**IMPORTANT UPDATES AT Water's Edge**

**OFFICE APPOINTMENTS**

* IF YOU HAVE ANY OF THE FOLLOWING EXPOSURES OR SYMPTOMS, **DO NOT COME TO THE OFFICE.**Please call the office and Monica will switch your visit to a phone consultation.  These include ANY of the following:
  + Sore throat
  + Fever
  + Cough
  + Shortness of breath
  + Diarrhea
  + Travel outside of the United States
  + Contact with any persons with a confirmed COVID-19 infection

**Remote appointments**

* **We will continue to screen prior to your scheduled appointment regarding whether we should shift to a remote phone (or in the near future a video) appointment.**
* We are actively adding the option of video appointments to continue our office visits and include visual real-time connection.  IF you do not have access to internet or a smart phone with a camera, we are happy to continue via telephone.  We do not have a set video system yet, and appreciate your patience as we set up alternatives.  We should have this set up within the next week.

**Remote treatments**

* We are constantly doing research and looking for options for home treatments for those who do not require hospitalization if they become sick. We will continue our updates via email and our website.

**Further Information & Disclaimer**

* **In Summary, we still know very little about this virus.  It does seem to affect younger people, children and women less.**That means our elders, gentlemen, and immune compromised are at risk.
* It is not likely a virus that has been modified intentionally.  Though very contagious, it is not as deadly as other recent SARS (Severe Acute Respiratory Syndrome).
* The "death rate" may be inflated since the total incidence of infection is likely under reported due to our ability to test.
* Further reading: [https://www.cdc.gov/sars/index.htm](https://www.cdc.gov/sars/index.html)
* For further questions specific to Washington state, how the virus is spread, and what to do if you develop symptoms, **YOU CAN CALL DOH Corona virus hotline 1-800-525-0127 and press #.**
* **Disclaimer:**This email is for information only.

We are thinking of you all and care dearly for your well being!  May we all be well!

*-The Water's Edge Team*

***Immune Support Soup***

*From Dr. Mitchel (one of the founders of Bastyr University)*

*Ingredients:*

*1 small yellow onion, chopped*

*1-5 cloves garlic, chopped or crushed (to taste)*

*1 tsp - 3 Tbsp grated fresh ginger root (to taste)*

*Juice of 1/2 lemon*

*1/2 cup sliced Shitake mushrooms*

*1 quart miso broth, chicken broth or mushroom broth*

*3 Tbsp fresh minced parsley*

*1 grated carrot*

*Directions:*

*Combine the broth, onion, ginger, garlic, mushrooms and simmer for 15-20 minutes.*

*Remove from the heat and add lemon juice, carrot and parsley.  Put cover on pan and team for 5 minutes. Eat 1-4 times a day.*