

COVID-19 Update: Masks, Myths, Treatments and Trends

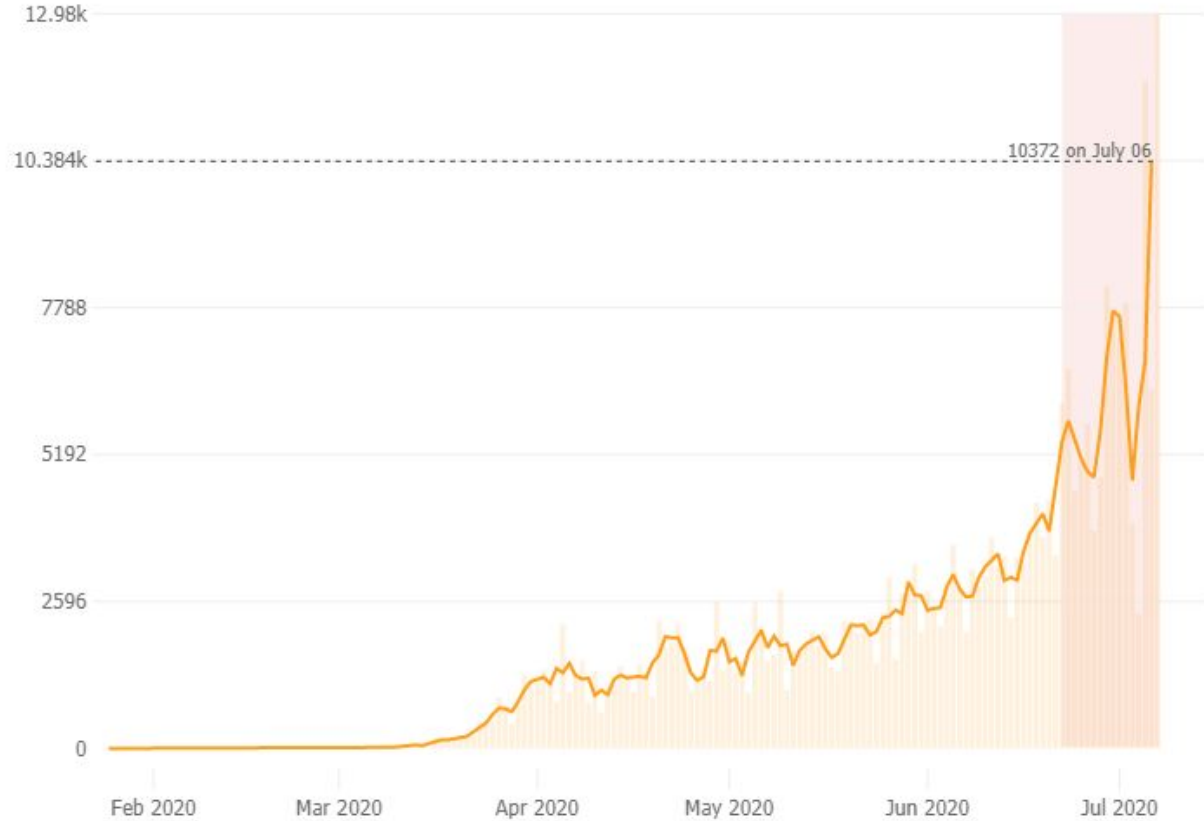


Current Trends

Location:	Cases:	Deaths:
World	12 million	545,000
United States	3 million	132,000
California	280,000	6500
Riverside:	21,000	506
Orange County	19,000	369
San Diego	17,500	399



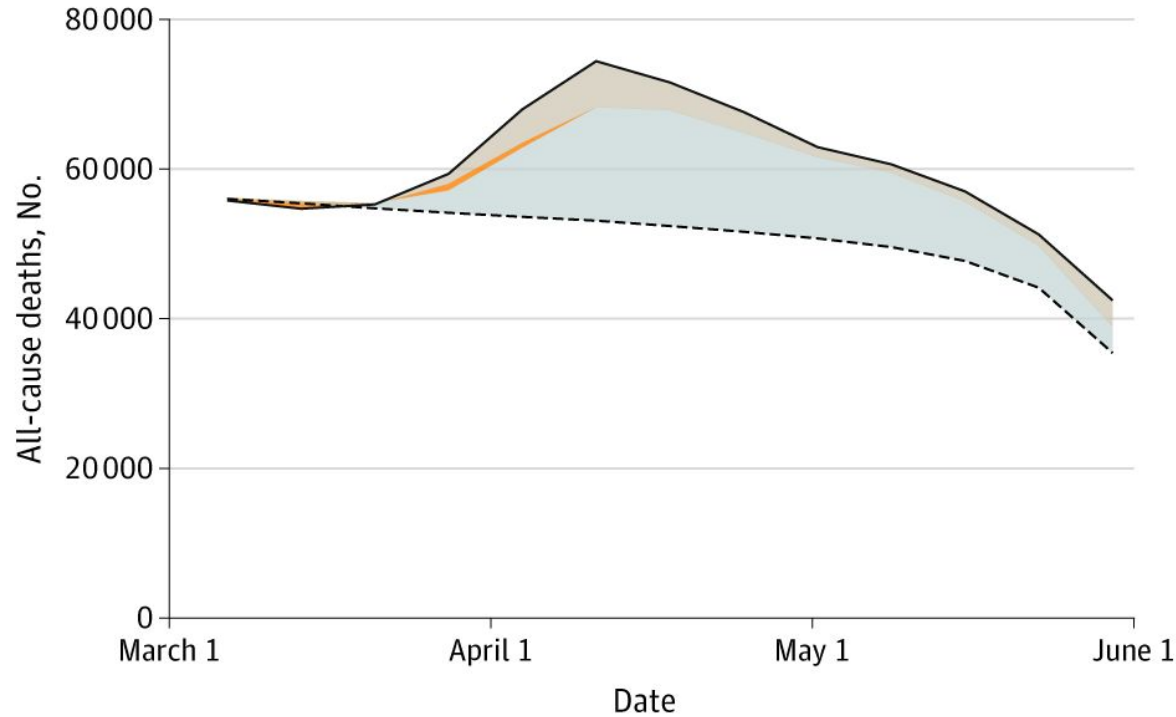
California



<https://coronavirus.jhu.edu/data/new-cases-50-states>



Increase in Mortality from March 1 - May 30, 2020



Masks- Case of two Hairstylists

- Both worked for 8 days while symptomatic before being tested.
- Worked at the same Great Clips and treated 140 clients.
- Once testing positive, all 140 clients and 7 coworkers were quarantined.
- 46 developed symptoms and were tested, all were negative.
- The clients and the stylists all wore face coverings
- Social distancing of chairs
- Staggered appointments



<https://www.cnn.com/2020/06/11/us/missouri-hairstylists-coronavirus-clients-trnd/index.html>



Lancet study

172 observational studies across 16 countries and six continents, including studies in health care and community settings.

- **Physical distancing:** The chance of transmission at a distance of less than **1 meter (3.3 feet) was 12.8%, while that fell to 2.6% at a distance of more than 1 meter (3.3 feet).** It added that distances of 2 meters (6.6 feet) could be more effective. It said that the certainty of the evidence was "moderate."
- **Face masks:** The chance of transmission **without a face mask** or respirator (like an N95 mask) was **17.4%, while that fell to 3.1% when a mask was worn.** However, the certainty of the evidence was "low."
- **Eye protection:** The chance of transmission **without eye protection was put at 16%, compared to 5.5% with some form of eye protection** as a face shield, visor, goggles or glasses. However, the certainty of the evidence was "low."



Transmission rates

Football teams: More than 100 players have tested positive for COVID-19: 30 Louisiana State football players are in quarantine, and 23 Clemson football players test positive.

Army recruits: Two Army training sites had 210 combined COVID-19 cases after recruits left controlled monitoring phases

Schools??????



Myths

1. Only the old and the unhealthy are at risk for dying of COVID-19
2. It only affects the respiratory system.
3. I don't need to wear a mask if I am young and healthy.
4. COVID-19 is not that much worse than the flu.
5. Cases are increasing because testing is increasing.
6. We are heading into the second wave.
7. I should wear a mask while exercising.
8. The prolonged use of wearing a mask causes increased CO2 intoxication.



Early Prodromal Symptoms

- **Anosmia, hyposmia and dysgeusia = 88%**
- **Followed days later by fever (91.7%), chills, cough (75.0%), SOB, fatigue (75.0%), GI symptoms including N+, V+, diarrhea (39.6%).**
- **A sore throat, headache, myalgias and rarely conjunctivitis, hemoptysis have been reported**
- **Coronavirus Disease 2019: Resources. American Academy of Otolaryngology-Head and Neck Surgery. <https://www.entnet.org/content/coronavirus-disease-2019-resources>. Published March 15, 2020. Accessed March 29, 2020.**
- **Zhang J-J, Dong X, Cao Y-Y, et al. Clinical characteristics of 140 patients infected with SARS-CoV-2 in Wuhan, China. Allergy. February 2020. doi:10.1111/all.14238**
- **Singhal T. A Review of Coronavirus Disease-2019 (COVID-19). Indian J Pediatr. 2020;87(4):281-286. doi:10.1007/s12098-020-03263-6**



Neuroinflammation & Blood Brain Barrier Disruption: COVID PCR + On LP

Welcome, M., Inflammopharmacology 2020, Springer Nature

Neuropathophysiology of coronavirus disease 2019: Neuroinflammation and blood brain barrier disruption are critical pathophysiological processes that contribute to the clinical sym...

Preprint · May 2020

CITATIONS

READS

SARS-CoV-2 possesses neurotropic properties (Wu et al. 2020b) and has been implicated in neurological diseases including Guillain-Barré syndrome, Miller Fisher syndrome, polyneuritis cranialis and epilepsy (Gutiérrez-Ortiz et al. 2020; Zhao et al. 2020b) as well as cerebral stroke



Risk Factors

- **Advanced age (≥ 65), male gender, race (African American), obesity, smoking history**
- **Prior medical histories: HTN, DM, CV and respiratory disease (asthma, emphysema), Hemorrhagic or ischemic strokes, immunosuppression, cancer, chronic kidney and liver disease & secondary infections**
- **Labs: high hs CRP and LDH, low lymphocyte count, low Natural Killer cell count.**



Treatments

- Zinc 40 mg per day (40-50 mg/d) (*Zinc Ag -Metagenics*)
- Vitamin C 1 -2 grams, 3x per day (increase dose for Pneumonia; *UltraPotent C - Metagenics*)
- Vitamin D3 5000-10000 per day (can increase to 20,000 for a few days; *D3 5000 +K2 - Metagenics*)
- 3, 6 beta glucan (500 -1000 milligrams per day) (*Immunotix -Xymogen*)
- Curcumin 1000 mg twice a day (can ↑ 2-4 gm twice daily) (*Meriva Curcumin -Thorne or CurcuPlex by Xymogen*)
- Sulforaphane glucosinolate (sprouted broccoli seed extract) 100 mg 2x a day (*SulfuroClear - Metagenics*)
- N-Acetylcysteine 600 milligrams 2x/day (can ↑ to 1.2 gm 2x/day) (*NAC - Xymogen or GlutaClear - Metagenics*)
- Alpha lipoic acid 600 milligrams 2x/day (? hypoglycemia) (*MetaLipoate- Metagenics or AlaMax- Xymogen*)
- Glutathione 2, 500 mg capsules 2x/day, can to 2 gm all at once prn for acute respiratory distress. Repeat up to 6 gm/d (*S-acetyl Glutathione - Xymogen or Trifortify - Researched Nutritionals*)



Symptomatic treatment

Considerations: IV vitamin C 15-50,000 mg; IV glutathione 2000mg

Medications: Hydroxychloroquine, azithromycin, ivermectin, doxycycline.

NEXT WEEK: FURTHER DISCUSSION ON TREATMENT



Covid-19 testing

<https://jamanetwork.com/journals/jama/fullarticle/2765837>

