SARS2-COVID19

Prevention and Treatment Recommendations

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The most up to date COVID information is found at our website. The printed material here is relatively up to date as well, but the online version is best.

PreferredDocs.com/COVID19
WeismanCare.com/COVID19

IMPORTANT UPDATE: There will continue to be more mutant strains after Covid BA 0.5/0.4 that is currently the majority of Covid in all parts of the U.S. These are both Omicron "children" and yet prior Omicron infection is not particularly protective. Covid BA 0.5/0.4 often produce more flu like illness, and they are a bit less sensitive to the vaccines. Outpatient monoclonal antibody infusions are also not as helpful with the current strains of Covid, and they are generally not recommended with one exception, Bebtelovimab. All of this is due to their L452R and L486V spike mutations that allow them to evade our vaccines and prior infections, at least somewhat. The oral medication, Paxlovid (Pfizer) can be very helpful for patients at high risk for serious Covid but there are side effects and many drug interactions. Other IV medications can also be helpful. Your provider can help determine whether Paxlovid and or other treatments such as Remdesivir are right for you.

There are four parts included

1. Preventive Supplements
2. Treatment Supplements if one has COVID
3. Home Treatment
4. CDC based Prevention Guidelines

Preventive Supplements:

1. Vitamin C 1000 mg daily
2. Vitamin D3 2000 IU's / day. (Ideally, your vitamin D level should be > 50 nmol/L-always)
3. Chelated Zinc 25-50 mg / day
4. Probiotics with at least 20- 40 billion units /day

Treatment Supplements—Immune modulating supplements intended to combat the immune systems cytokine-induced inflammatory overreaction to COVID:

1. Vitamin C 1000 mg daily
2. Vitamin D3 2000 IU's / day. (Ideally, your vitamin D level should be > 50 nmol/L-always)
3. Chelated Zinc 25-50 mg / day
4. Probiotics with at least 20- 40 billion units /day
5. Multivitamin with Vitamin A
6. Quercetin 500 mg two daily
7. NAC. N-Acetyl L- Cysteine) 600 mg two daily (difficult to find on line due to FDA changes)

All of these appear to play a role in preventing infection with COVID19 and in immune modulation. Immune modulation is reducing the immune systems overreaction, the so-called cytokine storm, in actual COVID19 infection. All supplements are not equal. You are free to purchase these anywhere, but a quality health food market such as Whole Foods is a good option, and another is at SlowMyAging.com / Shopping where you will find Amazon.com links to well-priced quality supplements reviewed by Dr. Marc Weisman at his SlowMyAging website.

Home Treatment for COVID19 Infected Individuals

When patients are not seriously ill with the current strains of Covid. Call back for advice or visit the ER when feeling very ill, for progressive or severe breathing difficulty and all other serious symptoms. Typical "cold" and fever supportive home treatments are advised. We favor Acetaminophen over NSAID's such as Ibuprofen and Naproxen, but they can also be used. It is still advised to purchase an inexpensive home pulse oximeter from the local store or online and share with your health care providers reduced O2 levels (less than 92%). This device measures oxygen levels at the fingertip and can be an early warning to more severe disease. If short of breath, lying face down comfortably known as "proning" can improve oxygenation and reduce shortness of breath. If the ER is being contemplated, call ahead to allow personnel self-protection.

Quarantine and Isolation Guidance

This is so fluid a moving target it is best to click the CDC link here to be most up to date.
https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

Newer CDC guidelines call for no quarantine even for individuals not vaccinated. Isolation rules have not changed—see below. It is important to understand, however, that suspending both isolation and quarantine after five days is not without risk. When people get infected, the risk of spread drops precipitously after five days, but it does not disappear for everyone. Aaron Glatt, a New York physician who is a spokesman for the Infectious Diseases Society of America states this: “If you decrease it to five days, you’re still going to small but significant number of people who are contagious.

Isolation

Isolation is the term we use if you actually test Covid positive. The isolation rules are the same for people who are unvaccinated, partly vaccinated, fully vaccinated, or boosted.

1. The clock starts the day you test positive or possibly the day you become symptomatic.
2. An infected person should go into isolations for five days, instead of 10.
3. At the end of *five days, if you have no symptoms, you can return to normal activities but should wear a mask everywhere — even at home around others — for at least five more days. Patients may still be contagious between day five and ten, just less so and for this reason be careful with intimate or longer contact with others in that time period.
4. If you still have symptoms after isolating for *five days, stay home until you feel better and then start your five days of always wearing a mask including at home.

Monoclonal Antibody Treatment
Not currently advised

Boosters

The Biden administration has advised a fourth shot (second booster) for patients over the age of 50 and at high risk. As of this writing that is questionable and many Covid experts do not agree. Any benefit from a fourth vaccine, according to global data currently available, appears to be very short-lived, perhaps only 3 or 4 weeks. The question of benefit vs. risk comes into play because there is still much not known about the vaccines although they are likely quite safe. Nonetheless, it is still very early to be sure. Currently, a fourth vaccine is your choice. Currently, although approved by the FDA / CDC to mix and match, the current recommend is to receive the same booster as the original vaccine series.

The variants are less sensitive to the vaccines because these variants have *new proteins in addition to some older ones* in their spike (hence, mutants), and we have no antibodies against these new proteins, but *we do have antibodies from the vaccine against the remaining original proteins. Therefore,* a third shot increases these antibodies providing us greater protection. Eventually, with subsequent variants, all the spike proteins will probably be replaced with new ones rendering our original vaccines rather ineffective, hence the need for new boosters with mRNA coding for the newer variant proteins resulting in our ability to create better antibodies against them. I am hopeful for a Spring 2022 variant-booster if necessary and with it, the defeat or near-defeat of COVID (annual boosters may be needed) because some 6 billion souls will have seen COVID and or been vaccinated and we live in a global community where we are affected by each other—**COVID needs to be defeated everywhere to be defeated anywhere**.

Eventually we may be checking for neutralizing antibodies to determine who needs a booster and this technology exists (I am currently serving as medical director for a proposed New Jersey study that will look at exactly this) but we do not yet have the data to know what concentration of vaccine induced COVID antibodies in our bloodstream is protective and what level is too low to protect us.

Prevention of SARS2-COVID19 (CDC Guidelines included)

Know how it spreads

1. COVID-19 spreads easily from person to person, mainly by the following routes:
2. Between people who are in close contact with one another (within 3-4 and perhaps 6 feet).
3. Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings, or speaks.
4. Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.
5. People who are infected but do not have symptoms can also spread the virus to others but may be somewhat less contagious.
6. It is unclear that patients vaccinated against COVID are less contagious, but they are definitely still contagious.
7. COVID-19 spreads less commonly through contact with contaminated surfaces.
8. Everyone should wash their hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. 62%

Alcohol applications are a good second choice. By far, most COVID is transmitted in the air, but touch is a rare vector as well.

It's especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Inside your home: Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who do not live in your household.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people generally when COVID is prevalent in the area.
- You could spread COVID-19 to others even if you do not feel sick.

Masks

- The mask is meant to protect other people in case you are infected but may provide you some protection as well, probably not much. The overall value of masking is much less than many suggest in the media, but there is likely some benefit. *Thin cloth masks, bandanas, and the like are very poor masks and should not be used.* This includes children's masks. Masking is, sadly, a politically highly charged subject. As far as mask quality, N-95 masks are the best, but surgical masks are good. KN-95's are also very good.
- Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Again, there is much debate regarding the efficacy of masks, and it is a political hot potato. A good rule is that "their mask protects you somewhat and yours them" but your mask doesn't provide you very much protection. Still, if COVID is prevalent in your area, wearing a mask properly probably makes sense.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.