

HEALTH NUGGETS, MAY 2020

- ▶ “Novel coronavirus” is COVID-19
- ▶ What about touching your face and eyes. As long as you’ve washed your hands thoroughly, you can touch your face.
- ▶ Wash your hands 20 times, not under the tap water, then rinse.
- ▶ No foods or supplements can ward off the virus, and no single food can fire up your immune system.
- ▶ Jim Bakker (yes him) was told by the FDA in February to stop selling “Silver Solution” as a cure for COVID-19.

How long does the virus survive?

- ▶ On plastic or stainless steel--3 days
- ▶ On cardboard-1 day; copper-4 hours. But half the initial virus load on plastic and stainless steel was gone in 6-7 hours.

Likely a very low risk of spread from food products

- ▶ Run vegetables under running water, and I use soap on fruit like apples, oranges, etc.

webmd.com “Corona Virus Update: Top Stories--Gloves

COVID-19 and Vitamin D

- ▶ COVID-19 and Vitamin D: In 2017 a global meta-analysis of 25 randomized controlled trials, involving more than 11,000 individuals, concluded that taking Vitamin D supplements daily or weekly could significantly reduce the risk of severe respiratory infections like influenza. Dr. Patel says a randomized controlled trial on its effects is currently underway.

British Medical Journal 2017; 356:6583

“The Possible Role of Vitamin D in Suppressing Cytokine Storm and Associated Mortality in COVID-19 Patients” Medscape.com

COVID-19 and Vitamin D

- ▶ A May 7 analysis, led by researchers at Northwestern, looked at hospital and clinic data from countries affected by COVID-19 including China, Iran, Italy, South Korea, Spain, Switzerland, the UK and the US. It also concluded that countries with high death rates, were more likely to have patients exhibiting Vitamin D deficiencies.
- ▶ Dr. Backman, the study's lead researcher, said that optimizing Vitamin D levels could be a game changer. It shows that it might be as high as cutting the mortality rate in half.
- ▶ It will not prevent a patient from contracting the virus, but it may reduce complications and prevent death in those who are infected.

<https://ssrn.com/abstract=3571484>

Medscape.com

COVID-19 and Vitamin D

- ▶ Dr. Patel, a nonresident fellow at the Brookings Institute, stated that herself, and many doctors she knows, started to give their families and themselves Vitamin D, not knowing if this would be anything like the influenza virus. Being outdoors in sunshine and physically active increases synthesis of Vitamin D in the skin. Also check food sources fortified with Vitamin D, such as dairy products, cereals, and fatty fish. If you can't get outside a Vitamin D supplement of 1000-2000 IU/daily is reasonable.
- ▶ Dr. JoAnn Manson, Professor of Medicine, Harvard Medical School
- ▶ [Medscape.com](https://www.medscape.com)

HEALTH CARE WORKERS

- ▶ More than 1000 health care workers through-out the world have died.

CHILDREN WITH COVID-19

- ▶ Children have been found with symptoms mimicking Kawasaki Disease. They are high fever, abdominal pain, rash, swollen lymph nodes, really red tongue, conjunctivitis, and systemic inflammation. There are reported cases in England, NYC, as of May 6, has 64 cases, and 25 reported in France.

medscape.com “Trending Clinical Topics: Kawasaki Disease and COVID-19

VACCINES

- ▶ Pfizer will expand human clinical trials for their vaccines to include 1000's by Sept. Their vaccine is BNT162. It's been given to humans in Germany. They'll be testing 4 different variations of the vaccine. More than 120 vaccines are being developed across the world.
- ▶ The FDA has approved the first at home saliva tests. It was developed by Rutger's Univ.

GROCERY SHOPPING

- ▶ Important things about going to the grocery: Wear a face mask. Should you wear gloves? The short answer is no. You do not need any kind of gloves. If you touch a contaminated surface, the virus can transfer to your glove just like it could transfer to your fingers, so there is no added protection from the gloves. If you touch your mouth or nose with the glove, you can pass the virus to yourself. And taking the gloves off after shopping is an especially vulnerable moment, as you can easily transfer any virus on the gloves to your hands and face if you aren't careful.
- ▶ [webmd.com](https://www.webmd.com/coronavirus/news/2020/04/23/coronavirus-gloves) Corona Virus Update: Top Stories: Gloves

SHOPPING

- ▶ The reality is you're much more likely to catch COVID-19 from the respiratory droplets of a person talking or sneezing near you rather than an item you touch at the store—that's why physical distancing is so important . To protect yourself, wear a face mask and keep a minimum of 6
- ▶ feet away from others. Plan your trip so you can get in and out quickly during quiet times to minimize contact with others.
- ▶ Thus use hand sanitizer as you enter and exit the store, wiping down your cart handle with a disinfectant. When you get to the car use a clorax wipe if available. If not, don't touch your face. When you get home, wash your hands well with soap and water for 20 seconds. And clean any other items that might be dirty like your phone. Also protect others. Don't pick up produce and then put it back down.
- ▶ [webmd.com Corona Virus Update: Top Stories: Gloves](https://www.webmd.com/coronavirus/news/2020/04/23/coronavirus-top-stories-gloves)

COVID-19

- ▶ We're gaining more understanding about COVID-19. We thought it was just involving respiratory. But it is attacking multiple systems, including cardiac, vascular which is excess clotting, nervous, and finally digestive or G.I. especially in more advanced cases.
- ▶ In a new study, "a subgroup of COVID-19 patients had intense symptoms of nausea, vomiting, and diarrhea with less respiratory symptoms. Also they are developing life-threatening bowel issues secondary to clots cutting off the blood supply and clots to the lungs. Anticoagulants are needed early in the disease.

COVID-19 tougher on men than women

- ▶ We know that COVID-19 has been tougher on men than women. A new Dutch study suggests a reason why. Men have a higher blood enzyme that helps the new coronavirus infect human cells. But more study is needed.

NEJM European Heart Journal, May 11, 2020