

Covid 19 Update in 2022

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Covid 19 in 2022

- Community Spread
- Symptoms and Warning Signs
- Testing
- Prevention
- Exposure and Isolation
- Treatment
- Monkeypox

Covid 19 Community Spread

- Low, Medium or High
- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>
- Use this link to check your local Covid 19 community level of infection to gauge your risk.

Covid 19 Symptoms and Emergency Warning Signs

- Symptoms may appear 2-14 days after exposure to Covid 19
- Fever, cough, runny nose, bodyache, fatigue
- Oxygen level on room air below 95%
- New confusion
- Trouble breathing
- Inability to stay awake

Covid 19 Testing

- Please test only if symptomatic or 5 days after exposure.
- Testing too soon may give false negative result.
- Rapid Antigen test (at home) 90% accurate or 10% inaccurate.
- Repeat in 24 hours to raise accuracy to 99%.
- Traditional PCR test as confirmation to rapid antigen test.

Covid 19 Prevention

Get vaccinated. Avoid Johnson and Johnson vaccine.

2 shots of Pfizer or Moderna=fully vaccinated + first booster (4-6 mo) + second booster (4-6 mo) this is for healthy age 12 and over.

Needs **5** shots total for children 5-11 (Pfizer), age 12 and over (Pfizer and Moderna) who are moderate/severe immunocompromised.

Immunocompromised (moderate/severe): advanced HIV, cancer pt on chemo, taking high dose steroid, organ transplant taking med

Covid 19 Prevention

- Mixing Pfizer and Moderna is OK and may improve immune response
- Only N95, KF94 and certain KN95 (overhead loop) may offer true protection from air droplets from people with Covid19!!!
- Regular cloth or surgical masks protect others by reducing air droplets if you yourself is infected.
- Frequent hand washing
- Taking vitamin D 2000IU daily to booster blood level to 40-60ng/ml
- **Practice HEM daily (my own experience)**

Covid 19 Exposure and Isolation

- **IF YOU**
Were exposed to COVID-19 and are NOT [up to date](#) on COVID-19 vaccinations
- Quarantine for at least 5 days
- **IF YOU**
Were exposed to COVID-19 and are [up to date](#) on COVID-19 vaccinations
- **No quarantine**
You do not need to stay home unless you develop symptoms.
- **IF YOU**
were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)
- **No quarantine**
You do not need to stay home unless you develop symptoms.
- Get tested for all 3 above scenarios
- **Take precautions until day 10**
- **Wear a well-fitting mask**
Wear a [well-fitting mask](#) for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
- [Take precautions if traveling](#)
- **Avoid being around people who are [more likely to get very sick](#) from COVID-19.**

Covid 19 Treatment

- **Paxlovid:** 5 day oral antiviral treatment for age 12 and over. Must begin within 5 days onset of symptoms (Covid positive). If kidney function below 30% cannot take it. Also must stop certain medication when taking Paxlovid (blood thinners, statin and others). Talk with your doctor.
- **Remdesivir:** IV antiviral infusion x 3 days. Within 7 days of onset of symptoms
- **Bebtelovimab:** monoclonal antibody injection x 1 dose for age 12 and over. Must be given within 7 days of onset of symptoms.
- **Molnupiravir:** oral antiviral treatment for age 18 and over Must be given with 5 days of onset of symptoms. OK for kidney patients but not as effective compared with Paxlovid.
- **EVUSHELD:** *preventive* monoclonal antibodies (2 kinds) to be given to certain immunocompromised patients

Monkeypox

- Similar to Cowpox and Smallpox virus
- Spread between people primarily thru direct contact with sores, scabs, or body fluids or prolonged face to face contact with respiratory secretions such as sexual contact.
- Symptoms include headache, fever, muscle aches, swollen lymph nodes, chills, exhaustion. Then pustules start showing on skin.
- Diagnose with PCR testing
- Antiviral medication for smallpox may be helpful (Tecovirimat, Cidofovir).
- IVIG infusion may also help (Vaccinia Immune Globulin)
- Smallpox vaccines may help reduce spread.