

EMPOWERED MEDICINE, LLC

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# COVID-19 ESSENTIALS

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# COVID-19 OVERVIEW

## OUR TOPICS TODAY

- What is COVID-19
- What are the most common symptoms
- Who's at risk
- How is COVID-19 spread
- Current Stats at a glance
- How to prevent the spread of COVID-19
- Self-quarantine tips
- Current therapies



# WHAT IS COVID-19

## CORONAVIRUSES

Coronaviruses (CoV) are a large family of viruses that can cause illness ranging from the common cold to more severe disease like Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

## COVID-19

COVID-19 (SARS-CoV-2, or just 'Novel Coronavirus') is a type of Coronavirus.

## WHERE DID IT COME FROM

Although theories range from an animal source to being manufactured in a lab in Wuhan, China, there is currently not enough evidence to conclude that any of these are the definitive source of the virus.

# SYMPTOMS OF COVID-19

**FEVER OR CHILLS**

**COUGH**

**SORE THROAT**

**HEADACHE**

**TROUBLE BREATHING**

**FATIGUE**

**BODY ACHES**

**RUNNY NOSE**

**CONGESTION**

**NEW LOSS OF SMELL  
OR TASTE**

**NAUSEA OR VOMITING**

**DIARRHEA**

# IN ADDITION TO TYPICAL SYMPTOMS

## INFLAMMATORY CHANGES

Blood clotting and  
weakened blood vessel  
walls



## ADDITIONAL ISSUES

Stroke  
Pulmonary embolism  
heart attack  
aneurysm



# 80%

Most people recover from COVID-19  
without any special treatment

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## IN FACT

Some people with COVID-19 may not  
exhibit any symptoms



## **IF YOU EXPERIENCE SYMPTOMS SEEK MEDICAL ATTENTION IMMEDIATELY**

Consider calling your doctor or hospital first, so they can take precautions and prepare for your arrival.



# Tests for COVID

## **SALIVA (VIRUS)**

Tests for current  
infection

## **NASAL SWAB (VIRUS)**

Tests for current  
infection

## **BLOOD (ANTIBODIES)**

Indicate a past  
infection but should  
not be used to  
diagnose a current  
infection because it  
takes 1-3 weeks for  
antibodies to appear.



# POSITIVE ANTIBODY TEST

You may have antibodies to the virus that causes COVID-19. However, it could mean you have antibodies to another virus in the same family, like the one that causes the common cold.

# POSITIVE VIRUS TEST

You likely have a COVID-19 infection. If you are well enough to recover at home, you should take measures to isolate yourself from others (coming up).

# NEGATIVE ANTIBODY TEST

You probably have not had COVID-19 in the past. However, you could still have a current infection.

# NEGATIVE VIRUS TEST

You probably did not have COVID-19 when the sample was taken. This does not mean you cannot get it in the future. You could also get it in the future and spread it before you are symptomatic.

# WHO'S AT RISK?

People with comorbidities and the elderly  
However, anyone can get it.

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DIABETES, OBESITY,  
COPD, ASTHMA



ANYONE



ELDERLY, HEART CONDITIONS,  
IMMUNOCOMPROMISED



# How is COVID-19 Spread?



## DROPLETS

Tiny droplets of moisture can come out of the mouth or nose of someone when they cough, sneeze or talk.



## AIR

Although not truly airborne, it can be carried by droplets that can travel 3 to 6 feet and can linger in the air for 30-45 minutes.



## CONTACT

When a sick person wipes their nose or covers a cough then touches something like a phone. It may live on certain surfaces for up to 3 days.



# PERSPECTIVE

137K

Number of deaths from COVID-19 in U.S. as of 7/12/20. This suggests a death rate of 4.2% (AZ death rate 1.8%)

3.29M

Number of confirmed cases in the U.S. as of 7/12/20

24K TO 62K

Deaths from flu during the 2019-2020 flu season

38,800

Deaths from car accidents in the U.S. in 2019

606,880

Deaths from cancer 2019



# 7 STEPS TO STOP THE SPREAD OF COVID-19

- 01 Wash your hands frequently
- 02 Avoid touching your eyes, nose and mouth
- 03 Cover your mouth when you cough using a tissue or the bend of your elbow
- 04 Avoid crowded places and close contact with people who have a fever or cough
- 05 Stay home if you feel unwell
- 06 Seek medical care if you have fever, cough or difficulty breathing
- 07 Wear a mask and practice social distancing (6 feet apart)





# PROPER HAND WASHING

## SOAP AND WATER

Does NOT have to be antibacterial soap.

## 20 SECONDS

At least 20 seconds.

## ALCOHOL-BASED HAND SANITIZER

May be used instead of hand washing. Must be at least 60% alcohol. If hands are soiled, washing hands is preferred.



A woman in a white lab coat and face mask is adjusting a mask on a child's face. The image is overlaid with a semi-transparent blue filter.

# HOW TO SAFELY WEAR A MASK

Wash your hands with soap and water  
before touching mask

Check the mask for any tears or holes

Ensure the colored side faces out

Find the top side where the metal piece  
or stiff edge is

Place the metal side/stiff edge over your  
nose



# HOW TO SAFELY WEAR A MASK (CONT.)

Cover your mouth, nose and chin

Adjust the mask without leaving any gaps  
on the sides

Use the straps to remove the mask

Wash your hands after removal

# HOUSEHOLD CLEANING

## CLEANING

Removes dirt and germs but does not kill germs. By decreasing the number of germs, it decreases the risk of infection.

VS.

## DISINFECTION

May not remove dirt and germs but kills germs.



# HOUSEHOLD CLEANING RECOMMENDATIONS

## NEGATIVE COVID

Routine **CLEANING** of  
high touch surface  
(door knobs, tables,  
light switches, toilets,  
faucets...etc).



## POSITIVE COVID

Routine  
**CLEANING and  
DISINFECTION** of  
high touch surface  
(door knobs, tables,  
light switches, toilets,  
faucets...etc).

# WHEN TO SELF- QUARANTINE

You were within 6 ft of someone with COVID-19 for at least 15 minutes.

You provided care for someone at home who is sick with COVID-19.

You had direct physical contact with someone with COVID-19.

You shared eating or drinking utensils.

They coughed or sneezed and got respiratory droplets on you.

# QUARANTINE

Keeping someone who may have been exposed to the virus away from others.

 **VS** 

# ISOLATION

Separates people who are infected with the virus away from people who are not infected.





# SELF QUARANTINE TIPS

## STAY AT HOME

Limit all travels unless going out for food, medicine or other essential items.

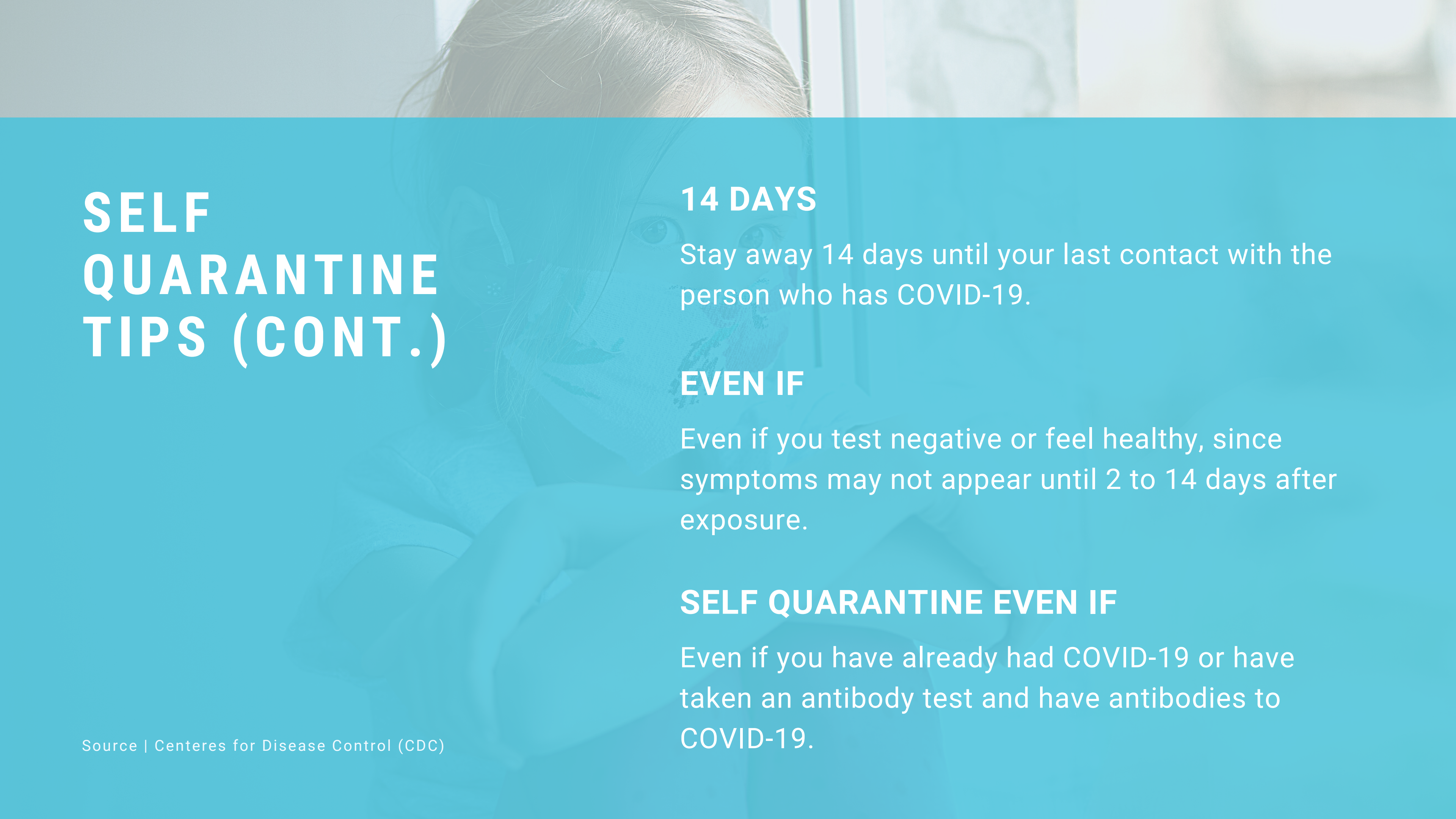
## CHECK YOUR TEMPERATURE

Can disinfect the thermometer with rubbing alcohol after use.

## STAY AWAY FROM OTHERS

Especially those who are at a higher risk for infection.





# SELF QUARANTINE TIPS (CONT.)

## 14 DAYS

Stay away 14 days until your last contact with the person who has COVID-19.

## EVEN IF

Even if you test negative or feel healthy, since symptoms may not appear until 2 to 14 days after exposure.

## SELF QUARANTINE EVEN IF

Even if you have already had COVID-19 or have taken an antibody test and have antibodies to COVID-19.



# WHEN TO SELF-ISOLATE

When you have COVID-19 and are able to recover at home.

People who have no symptoms but have tested positive for COVID-19.



# SELF ISOLATION TIPS

## MONITOR YOUR SYMPTOMS

If you feel you are having an emergency (like trouble breathing) call emergency services (911).

## STAY AWAY

Stay away from other household members and pets, in a separate room, and a separate bathroom if possible.

## DON'T SHARE

Don't share household items like dishes, towels, utensils.



# TREATMENTS YOU MAY SEE

1

## DEXAMETHASONE

(Steroid) 6 to 10 mg intravenously or orally.

2

## REMDESIVIR

(Antiviral) 200 mg then 100 mg daily for 4 days (intravenously)

5

## PRONING

Laying the patient on their stomach may help them get more oxygen into the lungs.

3

## ENOXAPARIN/HEPARIN

(Blood thinners) Doses vary depending on ones' weight and risk for clotting.

4

## VITAMIN C/ZINC

Vitamin C 500 mg daily and zinc 220 mg three times per day.

6

## PLASMA

Convalescent plasma is experimental at this point but is often given.



# STAY

# SAFE

