



Viteligo Support International

Searching for the cure one piece at a time

COVID-19 Guidelines

Clearly this is a time of concern, but the age-old adage “the best defense is a good offense” still applies. The unknown is always disconcerting, making it all the more important to stay informed.

This is a very fluid situation, meaning the facts can change very quickly. Don't get wrapped up in rumors. Go to recognized, trusted sources. This is a time to be vigilant and exercise precautions.

Don't Panic

For more than 80% of cases, COVID-19 is mild, with minimal flu-like or common cold symptoms.

The majority do not need to be hospitalized.

Only 15% of COVID-19 cases have been severe, with 5% leading to critical illness.

98% of those infected to date have survived.

COVID-19 is a lower respiratory tract infection, which means that most of the symptoms are felt in the chest and lungs. That's different from colds that bring on an upper respiratory tract infection, where you get a runny nose and sinus congestion. Those symptoms seem to be mostly absent for people with COVID-19, though they're not unheard of.

Source: WebMD 3/10/20

Who is at a higher risk of getting severe COVID-19 disease?

Adults aged 65 and older

Those with chronic, pre-existing, underlying medical conditions, such as:

Heart disease

Lung disease and chronic lung conditions

Asthma

Cancer

Weakened immune system

To learn more about weakened immune systems, and autoimmune vs immune deficient:

[See previous VSI Newsletter article](#)

Diabetes:

Fluctuations in blood glucose levels and possible diabetes complications can make it harder to treat a viral infection, and also, the virus may thrive in an environment of elevated blood glucose.

Smoking and Vaping:

Scientific research has shown that smoking, as well as secondhand smoke induces inflammation of the lungs and suppresses immune function.

According to *Scientific American*: "Both long-term smokers and e-cigarette users are at a heightened risk of developing chronic lung conditions, which have been associated with more severe cases of COVID-19."

Recognize the Most Common Symptoms:

Fever: 88%

Dry cough: 68%

Fatigue: 38%

Coughing up sputum, or thick phlegm, from the lungs: 33%

Shortness of breath: 19%

Bone or joint pain: 15%

Sore throat: 14%

Headache: 14%

Chills: 11%

Nausea or vomiting: 5%

Stuffy nose: 5%

Diarrhea: 4%

Centers for Disease Control (CDC) Recommendations:

Clean your hands often:

Wash your 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.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands. This is how the germs are introduced into your system.

Avoid close contact with people in public places. When possible, leave at least 6 feet of distance from others.

What Should I do if I Feel Sick?

FIRST CALL your doctor or clinic.

Explain your symptoms.

Follow their directions.

They will advise whether or not you need to be seen.

If your symptoms are mild, they likely will advise that you stay at home.

**Separate yourself from other people or animals in your home.
Follow all the above listed precautions to prevent spreading the germ.**

As of the time of the writing of this article, there is no specific treatment for COVID-19. Most people with illnesses caused by coronaviruses like COVID-19 will recover on their own. However, there are some things you can do to relieve your symptoms, including:

Taking pain and fever medications (caution: do not give aspirin to children).

Using a humidifier or taking a hot shower to ease a sore throat and cough.

Drinking plenty of liquids and stay home and rest.

When to SEEK MEDICAL ATTENTION

IF Your Symptoms Worsen:

Develop bad cough

Experience difficulty breathing

Fever exceeds 100.4

FIRST CALL your Doctor or Clinic to alert them that you need to be seen.

Follow their directions.

Wear a facemask to prevent spread of your germs.

For additional information, consult a trusted source.

[Centers for Disease Control \(CDC\)](#)

[National Institutes of Health \(NIH\)](#)

[Johns Hopkins](#)