

Dr. Delgado COVID-19 update 3/18/2020

1. Testing remains limited in Blaine county and nationally. If you read the link in the email I sent out yesterday, it explains that for most of us testing remains unnecessary. St. Luke's continues to screen for COVID-19, but will turn you away unless you are showing signs of respiratory distress or appear acutely ill. Continue to call our office first if you feel your symptoms or exposure risks are of concern.
2. I have received numerous inquiries into some anecdotal reports regarding antiviral medications and experimental treatments(i.e. chloroquine, IV vitamin C infusions, etc.) for active COVID-19 infections. There is no current evidence based/scientific recommendations for these options and certainly no indication in prescribing them to the general population as a precautionary measure.
3. Expect to see the number of cases in Blaine County to rise as testing becomes more expensive. This does not indicate a worsening pandemic per se, but is more likely related that those who are positive having a confirmatory test. Continue to operate under the assumption that you are positive for COVID-19 currently and strictly adhere to any and all recommendations in regards to limiting potential exposures.
4. I continue to try to stay abreast as to testing availability and when screening for non-acutely ill patients may come to fruition. No clear or established channel from either the federal or state governments, public health departments or Idaho base hospital systems to follow this issue in real time appears to be a reality at this juncture. My staff and I will continue to pursue any and all avenues to obtain and disseminate this information to all of you in the most accurate and expeditious manner.
5. Lastly, I urge all of you to try to limit your social media, television and internet searches in regards to the current situation. This will likely lead to significant anxiety and will only focus on the growing numbers of cases for the foreseeable future. Remember, living in Idaho allows us to ability to enjoy the outdoors, get fresh air, exercise and socialize with others safely if social distancing is maintained. This is your best avenue to deal with your anxiety. Reach out to each other and those at high risk frequently to maintain contact and see if any assistance is needed.

We remain at your service for any of your health care needs,

R. Delgado, MD & staff