

Dr. Delgado COVID-19 update 3/11/2020

After several correspondences from me recently in regards to risks, symptoms and precautions, I thought it would be prudent at this juncture to convey my current thoughts and personal recommendations relating to the situation at hand.

I am not an alarmist nor do I in any way claim to know with any certainty how this situation will evolve in our country over next days or weeks. I do feel quite strongly though that the inflection point where significant measures, directives and restrictions that could have been undertaken to directly intercede and potentially limit the current escalating rate of transmission to our population has likely passed. Colleges, public events, etc. have started to be either cancelled or suspended and this is very likely only the proverbial tip of the iceberg. The current nature of events and actions undertaken in Italy are becoming more possible and likely daily for any country where the rate of viral spread is escalating.

Viruses necessitate a host, in this case humans, to replicate and survive. Once a virus is acquired, it infects cells, uses the machinery within them to replicate and then lyses or breaks the cells to continue this cycle and spread within the host. Once a virus infects a human and runs its clinical course, it will cease to exist unless it finds another host and is able to repeat this process. Hence, they attempt to spread via touch, saliva, mucous/secretions or even the air.

With this in mind, **completely** eliminating the exposure of any one person to another potentially infected one is the only way to slow and over time eradicate the contagion. To this point, all the recommendations publicly made have been presented as suggestions. I feel that they should no longer be interpreted as merely suggestive, but should now be considered by all of you as the current path to protect yourself, your loved ones and our community. While this may seem dramatic and intrusive to your daily life, it is slowly becoming a reality. My educated guess is that a period of all encompassing closures in the public sector is more likely than not to occur. It is my hope that this will not be the case, but it may be the only way to slow its spread.

Making sensible and prudent decisions in regards to limiting your exposure should be the primary focus on a daily basis moving forward for all of you. I take my responsibility as your chosen physician with the utmost regard for your health and well being. I hope to continue to be a source of information and guidance as we move forward.

R. Delgado, MD