

# **Dr. Delgado COVID-19 Update 09-22-20**

---

## **Local Covid-19 update**

In the last 72 hours, I have been notified that three patients in my practice and their household contacts have been exposed to confirmed Covid-19 cases locally. In addition, the numbers of confirmed positive cases in Blaine County appear to be trending upward in a manner that I would characterize as concerning.

I would surmise that with the recent opening of schools and the general societal relaxation related to ongoing social restrictions or “pandemic fatigue,” the nidus for an accelerated rate of community spread could be commencing.

Yet again, time and dose. The amount of time spent interacting with others in combination with the number of people you come into close contact with leads to an increased risk of both acquiring an infection and its subsequent transmission. This is a scientific reality which can be mitigated effectively, though not completely, with appropriate compliance to the use of face masks, proper distancing and regular hand hygiene.

Over the last several weeks, I have spoken with several patients who continue to interact with friends, host out of

town visitors or day laborers inside of their homes with progressively less adherence to the aforementioned basic guidelines.

The most impactful mitigation involves the combination of distancing with the use of masks and proper hygiene. This triad is essential and needs to occur consistently and in unison. Compliance with masks, but not in conjunction with adherence to proper social distancing increases your risk. Wearing masks regularly, but inconsistently social distancing incurs additional risk. Failure to follow regular hand hygiene, regardless of your other behaviors, increases risk.

The emerging data continues to point to airborne transmission of aerosols, not just droplets, being a risk even though the CDC surprisingly reversed its stance on this point just yesterday. This implies that six feet of distancing may not suffice and that viral particles may linger in the air longer than the current consensus reflects. The superspreading clusters seen with large gatherings likely points to this specific risk and merits continued scientific rigor.

I urge you to not be alarmed, but call on all of us to recommit to strict vigilance of these simple and effective recommendations. The surge locally in March was reversed rather quickly by community cooperation and adherence. Lets replicate those actions and results. Lead by example, remain hopeful and think communally.

Stay connected and reach out to those that are alone. It truly takes a village.

Our office remains available for your needs,

R. Delgado, MD & staff