

# Dr. Delgado COVID-19 Update 5-4-20

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## INTRA OFFICE TESTING

Antibody testing proceeds in our office. Our current volume is 40-45 samples per day and this pacing allows us to maintain appropriate safety parameters. We continue to work our way down the client list and ensure that all current members will be tested in the near future. Your continued patience is appreciated.

## HOW CONTAGIOUS

Most transmission of Covid-19 occurs at the very early stage of the disease or even before the onset of symptoms, a study based on Taiwan's contact tracing system has found.

The research, published 5/1/20 in the Journal of the American Medical Association (JAMA) Internal Medicine, looked at the outcomes for 2,761 close contacts linked to Taiwan's 100 confirmed cases of the disease. Only 22 of those contacts were found to have contracted Covid-19, and all of them caught the disease from people who had not yet reached their sixth day of illness or had even started to show any symptoms.

Contact tracing in Taiwan has involved identifying people who had more than 15 minutes of face-to-face contact with a person confirmed to have Covid-19 without "appropriate" personal protective equipment and then quarantining and

monitoring them at home for 14 days. This latest study on those cases could help health authorities determine how to best direct resources for contact tracing.

The authors of the study suggest that, based on their data, in situations where the number of index cases and contacts is too large for all contacts to be traced, such as the current situation in the US, contact tracing should primarily focus on people who came into contact with a sick person just before or soon after the onset of symptoms.

The findings only confirm a previous study that found that the coronavirus is most contagious right when symptoms begin to show. This particular study has been peer-reviewed and was published in Nature Medicine on April 15.

## ACE INHIBITORS/ARB'S

Common blood pressure medicines do not put people at a higher risk of severe or fatal Covid-19 symptoms, three major studies have found.

Some anecdotal reports sounded the alarm in early March about a possible link between the drugs - known as ACE inhibitors and angiotensin receptor blockers (ARBs) - and Covid-19.

There had been concern arising from animal studies that these medicines might increase the body's levels of a protein called ACE2, which the coronavirus latches on to when it invades human cells, thus increasing people's vulnerability to the disease.

But the three new studies, just published in the New England Journal of Medicine, have found the drugs have "no difference" on the virus' severity or the risk of someone contracting it.

## MORE COVID-19 SYMPTOMS

Numerous reports of skin rashes in patients with Covid-19 are cropping up around the world. The rashes can take many forms — some appear as tiny red spots, while others appear as larger flat or raised lesions. Some have a hive-like appearance, while others look like frostbitten toes.

It's unclear whether the skin lesions we see in Covid-19 are actually a direct manifestation of the virus in the skin, or whether they are a "reaction pattern" due to a generally ramped-up immune system. It's also possible some rashes are due to complications from the disease, reactions to medications or even due to other viruses in patients due to co-infections.

The timing of rash symptoms with COVID-19 also seems to vary widely — in some cases, rashes precede symptoms such as fever; in other cases, rashes may appear a few days into the illness or not show up until late in the course of the infection.

Lastly, the significance of these rashes — such as whether they are tied to better or worse outcomes for patients — remains unclear.

Clearly, more studies are needed that follow patients over a period of time to get a better idea of the true prevalence and nature of these rashes tied to Covid-19.

## FINAL THOUGHTS

Rather than to continue to opine as to how to proceed concerning social restrictions, I thought best to defer in

this instance to the esteemed scientist and researcher Dr. David Ho. He also offers some insight into treatment possibilities that appear promising.

See the link below:

<https://www.nbcnews.com/news/asian-america/famed-hiv-researcher-race-f-ind-covid-19-treatment-n1197631>

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