

Staying Healthy – and Calm – Naturally

Intro to COVID-19

Kurt Beil, ND, LAc, MPH

www.drkurtbeil.com

March 18, 2020



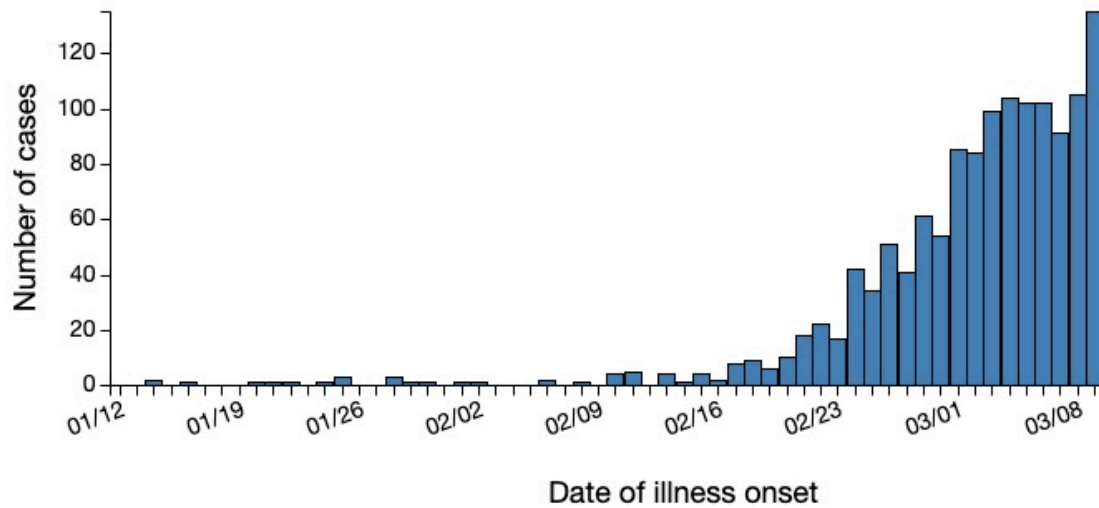
Katonah Study Group

Where conventional and complementary medicine meet

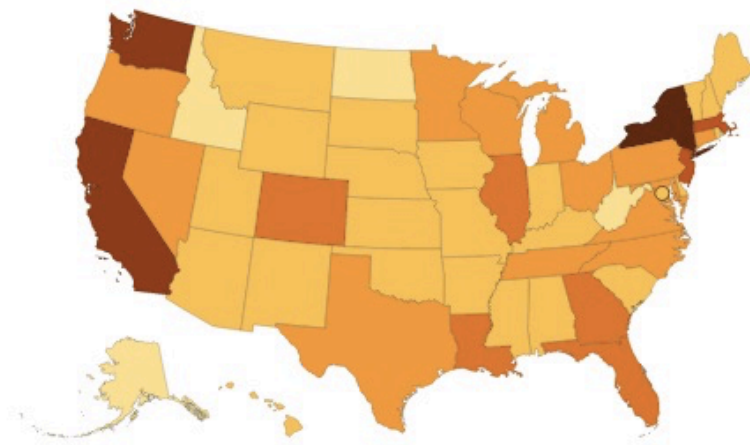
<https://katonahstudygroup.org/>

COVID-19 (Coronavirus Disease 2019)

- Respiratory infection (Lungs & Airways)
 - Spread by respiratory droplets (coughs & sneezes)
- Est. 50-70% of the population will be exposed
 - 3.75 Billion people (Globally)
 - 160 Million people (US)



States Reporting Cases of COVID-19 to CDC*



Territories AS GU MH FM MP PW PR VI

Reported Cases

(last updated March 18, 2020)

- None
- 1 to 5
- 6 to 50
- 51 to 100
- 101 to 200
- 201 to 500
- 501 to 1000
- 1001 to 5000



COVID-19 (Coronavirus Disease 2019)

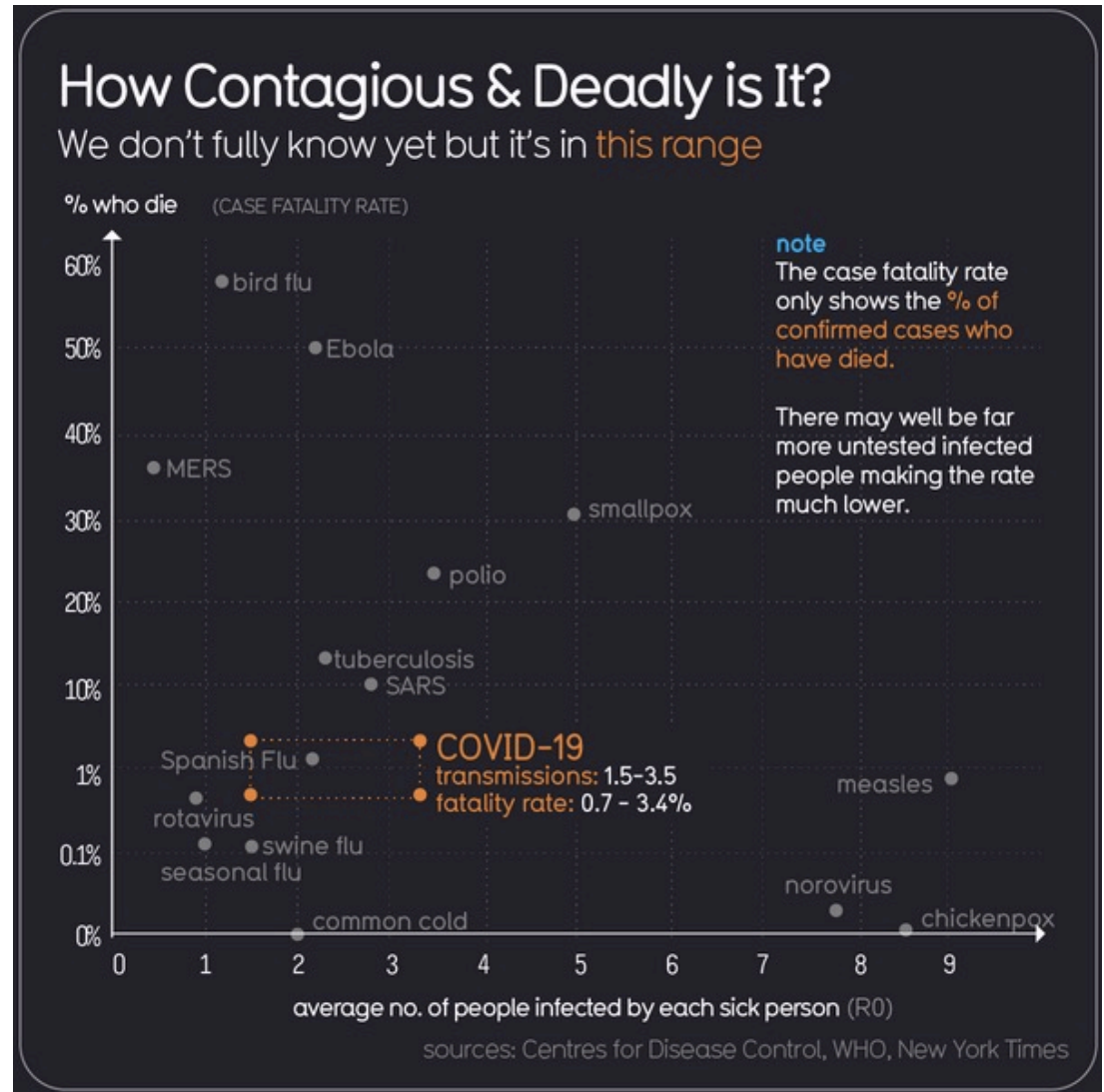
- *Respiratory infection (Lungs & Airways)*
 - *Spread by respiratory droplets (coughs & sneezes)*
- *Est. 50-70% of the population will be exposed*
 - *3.75 Billion people (Globally)*
 - *160 Million people (US)*
- *Currently (US)*
 - *8,223 confirmed cases (NY: 2,499), 130 deaths*
 - *Likely >10x as many unconfirmed cases*
 - *Most at risk are elderly & pre-existing health issues*
 - *Lung issues, but also Heart Disease, Immuno deficiency*

COVID-19 Symptoms

- Fever, Cough (Dry), Fatigue
 - Occ Sore Throat, Muscle Ache, Headache, Short Breath
 - Usually NO runny nose, sneezing, GI symptoms (N/V/D)
- Usually begin on **Day 5** of infection
 - Contagious starting Day 2 thru Day 14
 - **3 DAY LAG BETWEEN CONTAGION AND SYMPTOMS!**
- MOST symptoms (60%) are mild, non-descript
 - Some people have NO symptoms at all
- **YOU DON'T NEED SYMPTOMS TO SPREAD INFECTION!**

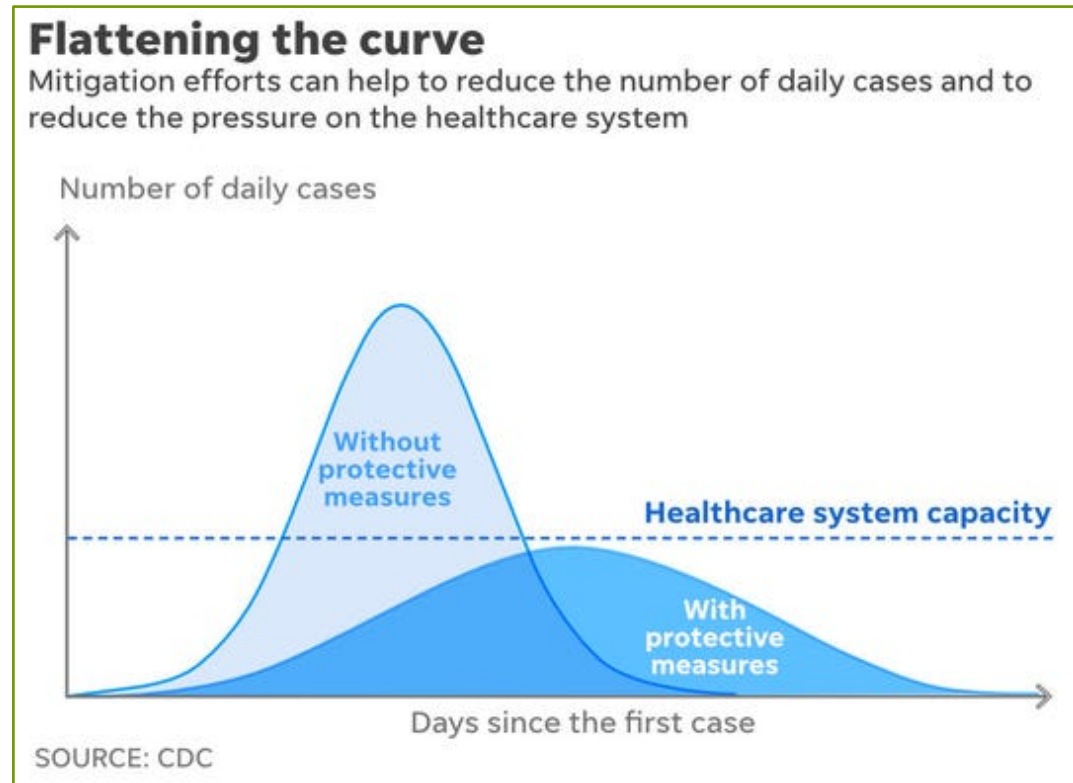
How Dangerous?

- Reproduction number
 - "R0" (R-naught)
 - X-axis
 - COVID R0 ~ 1.5-3.5
- Case Fatality Rate
 - "CFR"
 - Y-axis
 - COVID CFR ~ 1.5-4.5%



Social Distancing

- Isolating yourself and your family
- Protects:
 - You and them
 - Other people
 - Healthcare system
 - Currently only 165K ventilators in US



Prevention

- Social Distancing (Stay Home)
 - All but non-essential services
 - You CAN leave the house, but do you *have* to???
 - **6 feet** distance for “prolonged exposure”
- Cover nose & mouth with sleeve, not hands
- Wash hands regularly
 - Soap & Water **better** than Alcohol/Hand Sanitizer
- Avoid touching face
- Clean & disinfect surfaces
 - Virus lives for 6-12 hours (up to 72 hours)
- Support overall health (i.e. the rest of this presentation...)