

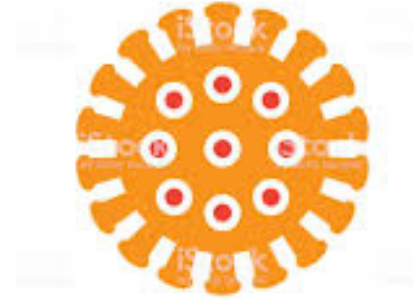


[#BeSafeNotScared](#)

A Love Letter from the Heartland

Dr. Jennifer Clark (Physician and Healthcare Delivery Scientist in Tulsa, OK)

What do we know about COVID-19?



COVID-19 is:

- a novel virus...it is new to our immune systems
- a disease of virulence, volume and velocity...lots get sick, really fast, all at once
- usually a mild viral illness...but 20% of us adults can get seriously ill
- transmitted by droplets...hands to face, eyes, nose, mouth
- lazy, it doesn't go the distance...about 6 feet is as far as it goes
- a *whimp*...dies immediately upon disinfection
- highly infectious...close contact >15 mins = big risk, love your healthcare workers
- the first pandemic in the social media age...be careful with what you read & watch

What can I do for me and us??

#BeSafeNotScared

Follow the 5 rules...

1. Hands!

Always know where your hands are and where they have been. You touch anything outside your house, sanitize with soap/water/20sec or 60% sanitizer...remember COVID is a whimp

2. NO Face!

Dirty hands + your face, eyes, nose, mouth= COVID. When you head out, use a handmade mask. No need for N95 or surgical mask...save those for the front-line. Mask wearing helps you to not touch your face and helps to decrease spread.

3. Keep your Distance!

Stick to your home base, take walks, exercise. When you have a necessity like groceries or meds, be careful. Always keep 6 feet between you and the next person.

4. Circle up!

Set your isolation group, the people you are in very close contact with everyday and put up boundaries (i.e. no one in the house but the group). Protect those who are vulnerable.

5. Communicate!

Most of us will have no issue with this virus, but it will threaten some of our lives. Make sure to talk to your family about the possibility of worst-case scenario, especially if you are over 65 &/or have underlying medical conditions,. Document your wishes, so your family and doctors know what is important to you should you not be able to speak for yourself.

What to do if I get sick?

Fever, dry cough, aches...

- Stay home, quarantine & wear a mask, follow the rules
- Use Tylenol (avoid ibuprofen)
- Use Telemedicine
- Testing *only* if it is widely available in your community

Shortness of breath...

- Seek medical care!

Symptoms	COVID-19	COLD	FLU	ALLERGIES
Fever	Common	Rare	High	No
Cough	Dry	Mild	Mild	Sometimes
Shortness of Breath	Serious	Rare	RareC	Sometimes
Aches, Pains	Sometimes	Sometimes	Intense	No
Headache	Sometimes	Rare	Intense	Sometimes
Fatigue, weakness	Sometimes	Sometimes	Intense	Sometimes
Stuffy, Runny Nose	Rare	Common	Sometimes	Common
Sneezing	Rare	Common	Sometimes	Common
Sore Throat	Sometimes	Common	Common	Sometimes
Diarrhea	Sometimes	No	Sometimes	No



Dr. David Price

<https://vimeo.com/399733860>

A doctor at the front lines in NYC takes time to talk with his family & friends about COVID-19



#BeSafeNotScared
jkclarkmd@outlook.com