

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

Andrew C. Engler, M.D.

290 Baldwin Avenue, San Mateo, California 94401

(650) 343-4597 FAX (650) 343-3402

Newsletter

www.theallergyclinic.com March 2020

CORONAVIRUS (COVID-19) UPDATE FROM AN ALLERGIST PERSPECTIVE (March 3, 2020)

The Center for Disease Control and Prevention has created a website to assist the public in staying informed about the COVID-19, or Coronavirus. We hope that the information provided by the CDC will help answer some of your questions.

According to the CDC, there is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The CDC also recommends every day preventive actions to help prevent the spread of any respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash your hands with soap and water if hands are visibly dirty.

If you or family members have traveled recently to an area of risk, or if you think you may have been exposed to the virus and have symptoms of respiratory illness, you should call your primary care physician's office.

Keep in mind the importance of adequate rest, nutrition and exercise.

If you develop any signs of a respiratory illness, specifically fatigue, shortness of breath and fever, please contact your primary care physician as soon as possible to get additional recommendations.

Patients with asthma, allergic rhinitis and other respiratory diseases should be diligent during this time. Besides the recommendations noted, it is also important to:

- Keep taking your preventative pulmonary products as prescribed. This will reduce your risk of an asthma flare-up being triggered by any respiratory virus, including coronavirus.
- Carry your rescue inhaler with you every day and if you notice that your need for this medication increases, let us know.
- If you come down with the flu, a cold, or any other respiratory infection, call our office so that we can provide you with specific instructions on how to adjust your medications accordingly.
- If you are on allergy shots, make sure you get them as scheduled.
- Make sure that you are current with your vaccinations.