

0:06

So patients who may be immunocompromised for whatever reasons have a say they have diabetes or chronic heart disease or chronic lung disease. They're in general more prone to getting severe infections really with any respiratory virus, it doesn't just have to be the coronavirus those are the ones that we get more worried about developing the shortness of breath and maybe needing intubation and ventilator requirement.

0:30

So unfortunately there's no specific treatment for any of the corona viruses currently. It's really just symptomatic treatment so if they're having fever you know things like Tylenol, Ibuprofen if they're having shortness of breath and needing oxygen it's really just supportive care, IV fluids and what they may need at that time, they're looking into investigational therapies, but nothing has been proven to be efficacious currently.

1:00

I think one of the things that has come out is people do mention that coronavirus can circulate in animals so people have worried can they give this to their dog or cat or can they get it from their dog or cat. It's not something that's commonly seen in domesticated animals although they may have their own viruses similar to that you're not going to get this coronavirus from animals.

1:22

Things that we need to be doing and again for really any respiratory viral infections during this time of year washing your hands frequently, trying to clean and decontaminate surfaces that are touched a lot, you know, phones door handles objects like that where someone else may have rubbed their nose and then touch the handle. So you need to try and clean those, the best practice is to wash with soap and water for at least 20 seconds, or use an alcohol based hand sanitizer that has at least 60% alcohol.

1:54

So, actually, probably about 20 or 30% of the common cold what people have is from a coronavirus, and that's what I was saying, that's actually a very large family of viruses that again can range from cold like symptoms to respiratory failure. The most common strains that we see in the ones that are regularly circulating in the community are the ones that caused the cold and that's most likely what they're going to have just maybe feeling a little bit tired, runny nose, cough. It's when you have, the more serious symptoms of fever, shortness of breath that you need to be worried about more aggressive or severe infection. But specifically talking about coronavirus.

2:29

And then again, if the patient has those comorbidities, do they have lung disease are they immunocompromised for whatever reason, maybe a patient's on chemotherapy or have HIV some other condition where their immune systems not working well, they're at higher risk for having more severe infection.

2:48

So, for Corona virus. It is a family of viruses. They range from anywhere cold like symptoms so runny nose, cough, sore throat to more severe infections with fever, shortness of breath. Some people may have chest pain if they're having a lot of inflammation in their chest.

3:09

Respiratory issues can range anywhere from just a mild dry cough that's just kind of annoying maybe a little bit of nagging cough to a lot of production when there's mucus sometimes that can also be virus or bacteria. But the more concerning respiratory symptoms are "I'm feeling short of breath", or "in my normal activities I'm not able to complete because I'm getting too short of breath with doing those" having pain when taking a deep breath can be concerning for areas of inflammation, within or around the lung. And so those are the ones where we may need to look and say is this person going to need supplemental oxygen or if they're having a whole lot of work of breathing do they might need to be intubated and be placed on a ventilator to have some support for their breathing. Those are the very extreme cases and those aren't the ones we see most commonly but those are the ones we're worried about.

3:54

We don't want people to panic, but we also want them to be aware but at the same time the awareness is, we're so focused on us coronavirus there's so many other viruses that can make people sick, and the one we really do worry about is the flu, it's, it's so bad and we do have treatment for it so that's why we like to try and get on top of as quick as we can.

4:18

If you're concerned I would always call your primary care provider first if you're able to if you don't have a primary care provider, the best resources online would be the CDC website or the WHO the World Health Organization, they have very up to date information with what they're doing for testing. What kind of symptoms to look for and if you think you're sick what to do.

4:40

So, if you think you're sick you need to call your primary care provider or your local urgent care and let them know that if you

