

# Important information about the Coronavirus

Your health and safety mean the world to us.

With so much information out there regarding Coronavirus, we wanted to share some simple tips and information that can help protect you and your family. We gathered this information from various sources and is meant to be informational but not construed as medical advice. For scientific information we recommend you go to the [CDC website](#) and also [UCLA health](#) and [Keck medicine of USC](#) patient information pages.

Do your best not to panic and follow the very clear instructions given to you by your physician and other authorities.

Feel free to reach out to us at any time. Our office is open and we are seeing patients for dental care.

With best wishes to your health!

## Hand washing is key.

You are physically removing things from your hands while at the same time, the soap will actually damage the virus outer layer. You are literally inactivating the virus by washing hands.

## Soap makes the skin slippery.

With enough rubbing, you can mechanically pry germs off and rinse them away.

## Wash hands for at least 20 seconds.

The average person takes less than 6 seconds. Water temperature doesn't make a difference. You can use warm or cold water for hand washing.

Bacteria can stay on a frequently used bar soap but it doesn't seem to transfer to the next user. It's best to use liquid soap.

## **Dry your hands.**

Rubbing your hands with a paper towel removes even more germs than just washing alone. Dry hands are also less likely to spread contamination than wet hands.

## **How about hand sanitizers?**

Hand sanitizer also breaks apart the virus. Make sure it is at least 62% alcohol.

Make sure to cover all hand surfaces then rub that on until your hands feel dry, which should take about 20 seconds.

## **Avoid touching contaminated surfaces.**

Use clear paper towel to open bathroom doors.

Disinfect dirty surfaces that you use every day, like the touchscreen on your phone and your computer keyboard.

## **How about your mobile devices?**

Apple just announced that their devices can tolerate disinfection wipes like Chlorox.

## **How do you know if you are infected?**

The new Coronavirus may not show signs of infection for many days. By the time there is fever or cough and you go to be checked out there is usually 50% lung Fibrosis (hardening) and it's too late.

## **Simple self check.**

Here is a simple self-check that you can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs,

basically indicates no infection. In critical time, please self-check every morning in an environment with clean air.

## **Keep your mouth moist.**

Ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs.

Keep water at your bedside.

## **Keep your mouth healthy.**

Make sure to practice routine oral hygiene at home utilizing the methods instructed in our practice. There is no need to floss more than once a day and brush between 2-3 times a day.

## **Keep toothbrushes separate at home.**

Make sure your kids don't share toothbrushes or mistakenly use the wrong one. Store each brush in a separate container. Containers are sold in every pharmacy and are very inexpensive.

Use a different toothpaste tube for every person in the house. Remember that the tube is touching the brush.

## **What is the difference between the common cold and Coronavirus**

If you have a runny nose and sputum, you have a common cold. Coronavirus pneumonia is a dry cough with no runny nose.

## **How about body temperature?**

This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees Celsius. It hates the Sun.

## How does it spread?

If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.

If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.

On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.

## Don't drink cold liquids.

Drinking warm water is effective for all viruses. Try not to drink liquids with ice.

## How long does it live on your hands?

Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, touch your nose and other parts of your face. Make sure to educate your kids about not touching their small little face (you know they do it all the time).

## Gargle with salt water.

You should gargle as a prevention. A simple solution of salt in warm water will suffice. If you have a mouth wash like listerine, that is advisable as well. Peridex can stain your teeth so make sure to limit the use of it.

## Drink plenty of water.

First you must keep you mouth hydrated but also your body healthy. a dehydrated body can't fight infections as easily.

## Minimize sugar consumption.

Sugar affects your immune system and your ability to fight infections. Your immune system needs to be especially strong at times like this.

## How about vitamins and minerals?

Absolutely. Load up on over the counter vitamin C, Zinc and anything that can boost your immune system. Brands like EmergenC, Airborne, CounterAttack, Wellness formula (Whole Foods)

## Should I keep my medical and dental appointments?

Based on direct communication from UCLA medical system and USC Keck school of medicine the answer is yes. Keep your medical and dental appointment to control any existing medical condition. You don't want to suffer any deterioration. We also recommend you keep up with your periodontal cleanings to make sure your mouth is healthy and infection free.

You don't face additional risks at our facility. Please keep your existing appointment unless you are experiencing any symptoms of COVID-19 or have traveled internationally within the last 14 days.

All our patients are screened and we don't see patients without an appointment.

## What are the symptoms?

It will first infect the throat, so you'll have a sore throat lasting 3/4 days. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.

With the pneumonia comes high fever and difficulty in breathing.

The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

## What are the best practices to keep your workstation clean?

- Maintain good hand hygiene.

- Frequently wipe off individual pieces of equipment like keyboard covers, computer cases, cords and mice with proper disinfecting wipes.
- Regularly dust and wipe off keyboard monitors.
- Wipe arm supports at computer stations.
- Use hand sanitizer after using computers and before interacting with other people.

## **5 tips to prevent respiratory illness (memorize)**

1. Wash your hands and wash often with soap and water.
2. Avoid touching eyes, nose and mouth
3. Avoid contact with sick people
4. Stay home if you're sick
5. Cover your sneeze and cough

Remember those five steps and repeat them to your family including little kids, friends and co-workers. A global effort is needed here.