

EVERGREEN NATUROPATHIC | Novel Coronavirus (COVID-19) FAQ

****Established Evergreen Naturopathic patients who find themselves experiencing the combination of symptoms associated with COVID-19 (fever, cough, and shortness of breath), please call (509) 755-5100 for a brief consultation with Dr. Lehman before coming into the clinic.****

****Disclaimer:** The following information is not to be construed as medical advice, diagnose, or be interpreted as specific treatment guidelines for coronavirus infections.**

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS DISEASE 2019 (COVID-19):

- **What is COVID-19 and how is it spread?**
 - COVID-19 is a viral respiratory infection that is spread from person-to-person by direct contact and respiratory droplets (coughing and sneezing). The virus itself can survive on surfaces for minimally 8-12 hours, which is another reason it is imperative that you follow standard preventative measures like washing your hands and contact surfaces regularly.
- **What are the symptoms of COVID-19?**
 - Patients may present with mild to severe lower respiratory illness with notable symptoms of fever, cough, and shortness of breath.
- **What can I do to help protect myself?**
 - Avoid regular interactions with people who are actively sick.
 - Avoid touching your face with unwashed hands (especially your eyes, nose, and mouth which provide easy access for infections of all kinds).
 - Wash your hands OFTEN with soap and water for at least 20-seconds, which provides better protection than alcohol-based sanitizers; however, the use of an alcohol-based hand sanitizer containing at least 60% alcohol is much more protective than not cleansing your hands in the absence of handwashing with soap and water.
- **If you are sick, how can you help prevent the spread of infection?**
 - If at all possible, please stay home as much as possible to avoid transmitting the infection to those in your community and beyond.
 - Cover your cough or sneeze with a tissue and discard of the tissue in the trash rather than contaminating your hands or clothing that may continue to carry the virus to other surfaces.
 - If you must leave your home, please wear a mask in order to limit your transmission of respiratory droplets that may contaminate those around you.
 - Regularly clean/disinfect frequently touched objects and surfaces with a bleach-based solution or wipe for optimal results.
- **Who is at particular risk of developing serious complications from the COVID-19?**
 - Elders (Adults over the age of 65).
 - People who have pre-existing medical conditions that impair their ability to clear this infection effectively Including those who have: heart disease, diabetes, lung disease (asthma, COPD, etc.), and those with known immunocompromised status.
 - If you are in either of these categories, it is even more important to take precautions for your health and reduce your risk as much as possible.

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- Aside from the symptoms of fever, cough, and shortness of breath, if you are experiencing any of the following warning signs, please dial 9-1-1 or otherwise seek immediate medical attention: increased difficulty breathing, persistent pain/pressure in your chest, new confusion or inability to rouse from rest, or bluish lips/face.
- This is NOT an all-inclusive list of emergent signs/symptoms, please contact your medical provider if you experience any symptoms that are severe or concerning.

WHAT TO DO IF YOU DO BECOME ILL FROM POTENTIAL EXPOSURE:

- If seeking medical attention due to showing signs of fever, cough, and shortness of breath, please call your medical provider BEFORE going into the clinic. Your medical provider may assist you in triaging your symptoms to determine whether you should come into the office, stay home with self-care therapeutic recommendations and possible prescriptions based on your personal history (to limit the potential exposure of your extended community), or come into the clinic or laboratory site to collect a sample for respiratory testing.
- ****Evergreen Naturopathic**** patients will be offered a brief phone consultation in lieu of an in-office appointment in order to triage your individual case and diminish the risk of spreading infection.

FOUNDATIONAL SUPPORT CONSIDERATIONS BEYOND STANDARD PRECAUTIONS:

- **Targeted Respiratory Support:**
 - N-Acetyl-Cysteine (NAC) is a supplement that specifically supports and strengthens the upper & lower respiratory pathways while facilitating the promotion of lung immunity that is so needed in respiratory infections.
 - Typical Dosage: 500-1000 mg three times daily with food.
- **Short-Term Nutrient Support for Immunity:** Taken over the course 1-3 months; levels of vitamins D & A should be monitored by your health provider due to excessive levels leading to potential toxicity.
 - Vitamin C is very well known for its ability to support the immune system due in part to its high propensity for anti-oxidative capacity.
 - Typical Dosage: 1,000 mg 3-4 times daily in divided doses with meals.
 - Note: "Too much of a good thing." Excessive oral vitamin C may result in loose bowel movements, which is mitigated by dividing the doses.
 - Vitamin D is associated with long-term immunity due to its significant role in regulating the overall immune response.
 - Typical Dosage: 5,000-10,000 IU/day.
 - Vitamin A is critical for the maintenance of mucosal integrity (strengthening the protective coating throughout your respiratory and digestive tracts) and regulating the optimal functioning of your immune system.
 - Typical Dosage: 25,000 IU/day.
- **Additional Anti-Viral and Immune Supportive Considerations:**
 - Elderberry Syrup dosed at 1 TBS three times daily has been shown to support anti-viral resistance and promotion of seasonal immunity.

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- Zinc is a mineral that is depleted when infection sets in due to its rapid utilization for cellular support of immune defenses. Dosed at 50-75 mg/day, zinc has been shown to support improved immunity and digestive health. Note that it is recommended to take zinc supplements in the midst of a meal in order to reduce the potential of nausea or digestive discomfort.
- Here at Evergreen Naturopathic, we offer our patients personalized herbal tinctures to directly confront the viral infections that are most prevalent throughout the year while strengthening and supporting both the immune system and the sensitive tissues that are most susceptible to these infections. Our Anti-Viral Tincture provides a combination of botanicals that potently defend human cells against viral attacks and modulate/regulate the immune response to support the various facets of the immune system while helping to reduce the severity of symptoms.