



COVID-19 PATIENT INFORMATION 2022 UPDATE

Covid-19 is a viral infection. It is caused by the SARS-CoV-2 virus which was declared a pandemic (world wide infection) in 2020.

Most people don't get much more than a flu-like cold with it. If you get sick, THERE IS NO NEED TO PANIC. Most people who get ill, will feel like they have the flu. For the overwhelming majority of patients (98%+) Covid19 amounts to 1-2 weeks of symptoms. For a small number of people, the illness can become severe. These are typically the same people that we would expect to get significantly ill with the annual influenza variant.

Patients with chronic illnesses such as obesity, diabetes, high blood pressure, chronic inflammatory states etc, and the elderly are at higher risk of severe illness from covid-19. Still, over 98% of those infected recover within 14 days.

Symptoms of Covid-19 infection can include any of the following: nasal congestion, sore throat, fever/chills, muscle aches, fatigue, loss of sense of taste and smell, headache, cough, shortness of breath, nausea, vomiting, and diarrhea. Many of these are identical to the common cold or influenza. Typically with covid, we see significant fatigue, muscle aches, and interestingly, a temporary reactivation of pain from old musculoskeletal injuries.

WHAT TO DO IF YOU GET INFECTED AND YOUR SYMPTOMS ARE MILD:

Most patients who get Covid-19 have a mild illness. If you get ill, plan to feel sick for at least 7 days, especially if it's your first Covid-19 infection. Some people can have residual symptoms over 30 days. The best thing you can do is STAY HOME, drink plenty of water, take tylenol & ibuprofen, and rest. It is important that if you develop respiratory symptoms (cough/shortness of breath) you do not go lay down, but rather, sleep upright. (See page 2 of this handout). The CDC has frequently altered their guidance on quarantine (staying at home after exposure) and isolation (staying at home when you're sick). At this time, the quarantine/isolation guidelines are as follows: Stay home in isolation when you get sick. After 5 days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved, you can leave isolation (return to work, etc.). The CDC believes up to 30% of people in this category might remain infectious for a while, so they do recommend common sense measures be taken to prevent spreading the virus for additional 5 days, such as wearing a masks, keeping your distance, handwashing, using hand sanitizer, and improved ventilation, etc.

WHAT TO DO IF YOU GET INFECTED AND YOUR SYMPTOMS ARE MORE SEVERE:

If it becomes difficult or painful to breathe, and if you get shortness of breath even at rest, or if you develop profound fatigue or weakness, it's a good idea to seek medical attention. It helps to have a pulse oximeter so you know your blood oxygenation. These are available at your local pharmacy without a prescription. Holton Direct Care patients are always encouraged to call their Holton Direct Care provider to seek guidance in these situations.

WHAT DO DO IF YOU ARE EXPOSED THROUGH A CLOSE CONTACT:

- Watch for fever (100.4°F or greater), cough, shortness of breath, or other symptoms of COVID-19
- Keep your distance from others, especially people who are at higher risk for getting very sick from COVID-19

A close contact is when you were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more, or if you provided care at home to someone who is sick with COVID-19, you had direct physical contact with an infected person (hugged or kissed them), you shared eating or drinking utensils with them, or they sneezed or coughed on you.

TREATMENT OF COVID-19:

As a viral illness, some people may benefit from early treatment. Not everyone requires treatment. Holton Direct Care has outpatient treatment protocols that aim to prevent hospitalization of our established patients. Our first priority is to our members and we will not extend treatment outside of our membership if doing so threatens health care access of our members.

There are no guarantees of success with treatments, as with anything in medicine. We cannot prescribe a “one-size fits all” approach to everyone. Anytime a therapy or medication is recommended, it should be based on an individualized assessment from a licensed and properly trained Physician or physician-supervised Nurse Practitioner or Physician Assistant. Healthcare recommendations should not come from the news media, politicians, or anyone other than your individual health care provider who is familiar with your personal and unique health history. This includes advice about any and all vaccines. Journalists, politicians, barbers, strangers on social media, and people at the donut shop are an extraordinarily poor substitute for a primary care provider who knows you.

Treatments are not a guarantee. Treatment begins long before you ever become ill. An investment in your personal health has never been more important. If there is one thing we have learned from this pandemic, it is this: TYPICALLY, the better you treat your body, the less severe your symptoms are. Covid is an inflammatory bomb, and if you have a baseline level of inflammation due to high blood sugars, high cholesterol, obesity, high blood pressure, etc., you have a greater chance of severe infection. This is true of any viral infection, but in the case of Covid, the vast majority of people who end up with life-threatening infection are those who started off unhealthy in some way.

Antibiotics are not usually going to be helpful. In fact, antibiotics are often harmful, causing rash, diarrhea, or bloody diarrhea-causing gut infections. We’ve seen this happen, and you don’t want any part of it...trust us. These should only be used when the benefits of use possibly exceed the risk of not using them. We instead focus on reducing symptoms until your immune system is able to catch up. Above all, it is important not to allow anxiety from the illness to consume you. Fear, anxiety, and stress hinders the immune system.

- Some treatments have been proposed to help minimize symptoms if infected /prevent infection after exposure. These treatments include Ivermectin, Hydroxychloroquine, Zinc, Vitamin D, prednisone (oral steroids), nebulized budesonide (inhaled steroids) and in some cases, antibiotic regimens. Risks and benefits exist for these treatments, and your provider will be glad to discuss them with you.
- The current best early treatment protocols are as follows. Note that these contain many prescription medications that are not indicated or safe for all patients, and any treatment regimen should be approved and prescribed by your PCP.

EARLY TREATMENT PROTOCOL⁵ (for Delta variant)

1. First line agents (use any or all medicines; listed in order of priority/importance)

ANTI-VIRALS

Ivermectin²

0.4–0.6 mg/kg per dose (take with or after a meal) — one dose daily, take for 5 days or until recovered. Use upper dose if: **1**) in regions with aggressive variants (e.g. Delta); **2**) treatment started on or after day 5 of symptoms or in pulmonary phase; or **3**) multiple comorbidities/risk factors.

ANTI-SEPTIC ANTI-VIRALS

Antiviral mouthwash: Gargle 3 x daily (do not swallow; must contain chlorhexidine, povidone-iodine, or cetylpyridinium chloride). **Iodine nasal spray/drops:** Use 1% povidone-iodine commercial product as per instructions 2–3 x daily. If 1%-product not available, must first dilute the more widely available 10%-solution⁶ and apply 4–5 drops to each nostril every 4 hours. (No more than 5 days in pregnancy.)

ANTI-COAGULANTS / IMMUNE FORTIFYING

Aspirin 325 mg daily (unless contraindicated)
Vitamin D Vitamin D3 5,000 IU daily.
Preferred form if available: Calcitriol 0.5 mcg on day 1, then 0.25 mcg daily for 7 days
Melatonin 10 mg before bedtime (causes drowsiness)

SYNERGISTIC THERAPIES

Quercetin 250 mg 2 x daily
Zinc 100 mg/day (elemental zinc)
Vitamin C 500–1,000 mg 2 x daily

NUTRITIONAL THERAPEUTICS (for 14 days)⁴

Curcumin (turmeric) 500 mg 2 x daily
Nigella Sativa (black cumin seed) 80 mg/kg daily
Honey 1 gram/kg daily

PULSE OXIMETER

Monitoring of oxygen saturation is recommended

POST-EXPOSURE PREVENTION PROTOCOL FOR COVID-19

ANTI-VIRALS & ANTISEPTICS

Ivermectin²

Post COVID-19 Exposure Prevention³

0.4 mg/kg per dose (take with or after a meal) — one dose today, repeat after 48 hours.

Gargle mouthwash

2 x daily – gargle (do not swallow) antiseptic mouthwash with cetylpyridinium chloride (e.g. Scope™, Act™, Crest™), 1% povidone/iodine solution or Listerine

IMMUNE FORTIFYING / SUPPORTIVE THERAPY

Vitamin D3 1,000–3,000 IU/day
Vitamin C 500–1,000 mg 2 x daily
Quercetin 250 mg/day
Zinc 30–40 mg/day (elemental zinc)
Melatonin 6 mg before bedtime (causes drowsiness)

Supportive treatment is the bedrock of treatment and recovery from Covid-19 infection, as noted below.

❑ Congestion

- ❑ *Sudafed (30-60 mg every 6-8 hrs) is a decongestant (OTC but you have to show your ID at the pharmacy). It can raise your blood pressure, but is OK to take if you have HTN and your BP is controlled.
- ❑ *Afrin (one spray each nostril twice a day for NO MORE THAN 3 days) is a decongestant as well and helps with stuffy noses and difficulty breathing at night time. It causes problems if you use it more than 3 days in a row.
- ❑ Antihistamines: *Zyrtec (10 mg daily; non-sedating) and *Benadryl (25-50 mg every 6 hrs as needed; sedating). Benadryl is safe and helps with sleep. These work better for those who have allergies as well.
- ❑ *Flonase (2 sprays in each nostril daily) is a nasal steroid. It works best if you have seasonal allergies.
- ❑ *Nasal Sinus Rinse: Make your own with one cup distilled or boiled water, ½ tsp salt, ½ tsp baking soda. You can also buy saline rinses OTC as packets or pre-mixed. These clear out the sinuses and get rid of snot. DO NOT SHARE YOUR RINSE BOTTLE WITH OTHERS. Budesonide (prescription inhaled steroids) can be added to these rinses for severe congestion, and works well.
- ❑ For Children: decongestants are not recommended. Children's benadryl based on age, nasal saline and suctioning work well with a bulb suction or with a "nosefrida". Note that children usually get very minimal cold-like symptoms from covid, and many have no symptoms at all.

❑ Cough/Shortness of Breath

- ❑ Honey reduces both cough and sore throat in evidence-based studies. Helpful in warm drinks like tea, also.
- ❑ Cough Suppressant: *Dextromethorphan (20 mg every 6 hrs; medicine in Robitussin or Delsym for cough) is the most effective cough syrup – as beneficial as codeine-containing cough syrups with less side effects.
- ❑ *Tessalon Perles (100 mg every 6 hrs) reduces cough reflex by anesthetizing the lung and trachea
- ❑ Expectorant: Mucinex (200 mg every 4-6 hrs). The idea here is to decrease the size of sputum droplets. If it helps you with symptoms, go for it! It doesn't have many side effects.
- ❑ In Covid, the lungs can get overwhelmed and there are things you can do to keep them inflated, clean and working most effectively. Sometimes your provider will recommend breathing treatments.* With significant lung issues from covid, sleeping upright helps, as does using an incentive spirometer (an apparatus that helps your lungs expand). Also, blowing up balloons once or twice every hour can be an excellent way to keep your lungs inflated and full of healthy infection-fighting oxygen, and fight micro-collapse of the air sacs.

❑ Pain/Aches/Chills –

- ❑ NSAIDS: *Ibuprofen (adult dose is 600-800 mg every 8 hrs) You can take it as long as you are not on another NSAID and don't have kidney disease.
- ❑ Acetaminophen: *Tylenol (adult dose is 1000 mg every 6-8 hrs). You can take as long as you're not taking combination meds with tylenol and don't have liver disease. Avoid alcohol if taking tylenol.

❑ Sore Throat

- ❑ *Chloraseptic Spray numbs the back of the throat
- ❑ Salt Water gargles. Mix one teaspoon of table salt in warm water and gargle for >30 sec, 3x per day. Listerine gargles have been shown to instantly kill the covid-19 virus.

(* = usually in stock at Holton Direct Care)

Overall, stay home, get plenty of sleep (upright or semi-upright), drink lots of water, wash your hands often and use hand sanitizer to keep from spreading the virus, and give it some time. If you don't get better after a week, or get worse, let us know. Other treatments may be recommended or restricted based on your medical history and current medications.

What do I do if I feel sick?

Ask yourself: Do I have symptoms that are getting worse or are they staying about the same? Some confuse viral symptoms with allergies. Allergies typically are associated with episodes of sneezing, itching ears, eyes, nose, throat and/or clear nasal drainage and not much beyond that. Allergy syndromes can occur when the weather changes dramatically from warm to very cold and vice versa. Allergies do not cause a fever, fatigue, or muscle aches, which are more indicative of a viral infection.

Viral illnesses increase in symptoms as they progress. Signs of a viral illness involve runny nose, weakness, fatigue, fevers (greater than 100.4), aches/pains to muscle groups, chills/shivering, sore throat, cough. Viral symptoms that start abruptly often indicate influenza.

Should I be tested for Covid-19?

If you feel you have a viral illness, and you want to get tested for covid or influenza, please call the clinic. We usually have rapid antigen tests in-stock. A test whether negative or positive will be reported to the Kansas Department of Health and Environment (KDHE) as required by law. A positive covid test can open the door to effective treatments such as monoclonal antibody infusions for those at high risk. Some employers require testing for sick employees to return to work. Testing is not required, as most people get better regardless of testing or treatment.

Our tests do carry a small fee for members, and we test in the nostril. When we have tests in stock, we perform them in the parking lot. If you have covid symptoms, please do not enter the clinic, as you could put vulnerable patients at risk. Call the office at 785-362-8677 to let us know you are here. The test takes about 10 minutes to result. When/if you call to test, we will need to schedule this test. We will make every attempt to have you scheduled for your test within 48 business hours, and can usually test you the day you call if we have tests in stock. During a pandemic, we ask for your patience as immediate access is not always possible, and tests can often be in short supply as well. Some have estimated that only about 500 total providers nationwide offer early covid treatment. Your patience and respect is appreciated; we are trying to serve a great number of people.

Testing appointments are not an appointment with your doctor. It is an appointment for a test. If your test is positive and you would like to be seen or discuss treatment, you will need a separate appointment with your doctor. Appointments are for 1 person and 1 test only. We usually can not add on patients for testing or visits at the last second. It is to everyone's benefit if you spell out what you need when you initially call. If upon arrival, you request someone else be seen, evaluated, tested or treated who did not have an appointment, they will be instructed to call and make a separate appointment. This is to respect everyone's time equally. If this service is abused, we may not be able to continue it, so please play by the rules.

But do I HAVE to test for Covid-19?

No. If your symptoms are mild, (normal viral cold/flu-type symptoms), then you don't have to test. However, it's not a bad idea anytime you're sick, to take common-sense precautions to keep from spreading your illness to others. (Mainly: STAY HOME.) However, often schools, employers, etc. require testing to go back to work. In a case like this, of course you can test, even if you're not particularly sick. If you are very sick/symptomatic, then

we feel that it is generally a good idea to test, because we have more ability to help treat you if we know what it is that has made you sick.

I want to be tested NOW!

Perhaps you need to get back to work or don't want to miss basketball practice. You're mildly ill, if you're symptomatic at all. And by golly, you want to be tested NOW, so you can get back to work/school/practice, etc.. We get that. We would feel the same way--this is a major inconvenience! HOWEVER...please understand that there have been frequent shortages of tests. When such a shortage exists, we have to save our few tests in-stock for patients who are more ill. And when covid waves go through, we often have dozens of people who want to be tested daily. *We suggest that if you don't have symptoms, you should not test.* The reason for this recommendation is that during times of test shortages, having tests on hand could help sicker, older, patients get life-saving treatment.

What are the symptoms of Covid19?

All of the above viral signs and we often see a loss of sense of taste and or smell, fever/chills, or deep non-productive cough later in the illness. Symptoms beyond 7 days usually improve but sometimes stagnate then get worse, these are the patients we watch the closest. Covid does not get better or worse quickly. It is generally a slow progression to improvement or decline. Again, there is nothing we can give you to make you better instantly, and trust us, we know that being sick is not fun. Sickness can be a slow, uncomfortable and tedious process that takes a heavy toll on all of us.

What are the dangers of Covid19?

The problem with covid is our own immune systems. The immune system has a co-equal inflammatory response. When the immune system is constantly in "attack" mode for days on end, the inflammatory response can itself harm the body. In the small percentage of people who develop this problem, it's usually something that begins to develop around day 7-10 of the illness, when normally, one would be finally getting better (and when most do get better). This damage is the syndrome of Covid19 and it can involve lung injury, blood clots and systemic organ injury and collapse, and is most common in unhealthy people. The SARS-CoV-2 virus has the ability to push the immune system into something like an "overdrive" mode. This overdrive mode is known to doctors as a "cytokine storm" and is where the true danger of covid-19 lies.

What can I do to prevent getting sick?

Most people will get covid at some point. It's less of a matter of if you will get sick, and more a matter of how sick you will get. The vaccination does not protect against covid-19 infection or illness. Most people will recover without severe illness or complications. To give yourself the best outcomes, it is essential to keep your body and your immune system healthy. Eat a healthy low-carbohydrate diet. If you have diabetes, reverse it. If you have high blood pressure, reverse or treat it. If you're overweight, lose weight. If you're sedentary, get active. This is always good advice, but this is as good of a time and reason as any to get motivated to make healthier choices! We recommend (unless you have a specific contraindication you are aware of) vitamin C 1000-2000mg once or twice daily, vitamin D3, 5,000 IU daily, Zinc 50mg daily (with food). For most people, a supplement called Quercetin can be taken daily. 500mg per day is the recommended amount. Mouthwash gargles with products like Scope or Listerine can help prevent viral replication. Nasal sanitizer can be used as well to limit viral replication. Betadine/povidone iodine nasal spray twice a day when well and 3-4 times a day early during the illness can help prevent significant symptoms. In some people it has been shown to be a protective mechanism. We have this spray in stock at the clinic. Betadine/povidone iodine nasal spray should not be used by those with an allergy to betadine/iodine or with significant thyroid issues. For those folks, diluted hydrogen peroxide can be used in place, however you need to make it fresh every time you use it.

I have been exposed to someone with Covid19, what should I do?

Take care of yourself and don't panic. Use the above recommendations. If you become symptomatic and you want to test, call the clinic. Testing is often falsely negative if you test too soon; we usually have patients wait 5 days. If you are asymptomatic, you will most likely not test positive. Sometimes, we can offer prophylactic (protective) treatment if you have been exposed, however we only recommend this for those with high risk. If you have concerns, call the clinic or e-mail your provider.

Should I get the covid-19 vaccine?

This is not a question that should be answered by anyone except your personal health care provider that has an established relationship with you. A discussion of your individual risks and benefits should be evaluated and together you and your doctor should have a rational, non-pressured, fact based discussion. You should never feel pressured into any medical decision. It is ultimately your choice, but you should be given time for informed consent and proper decision making. The vaccine appears to minimize infection severity in some patients.

Can I get covid if I've had the vaccine? Yes.

Can I spread covid if I've had the vaccine? Yes.

Does the vaccine have side effects? Yes, usually worse than those of other vaccines. Some people (rarely) have been damaged by the vaccine and its side effects, which can be said of many vaccines.

I've had the virus, and tested positive, and recovered fully. Do I need the vaccine?

There is disagreement about this in the medical community. We know that natural immunity is superior to vaccine-induced immunity. Evidence is emerging that naturally immune patients who are subsequently vaccinated have the most severe vaccine side effects. For this reason, we generally do not recommend vaccination for those who have developed natural immunity from infection and recovery.

I heard the RT PCR test is no longer being used, is this true?

The CDC has withdrawn its support for using the PCR test for several reasons. Among them: the test was not able to differentiate between influenza and Covid19. The test results were not legitimate and the CDC officially withdrew its support on 12/31/21.

Where can I go to get tested?

Holton Direct Care makes every attempt to stock antigen tests for our patients. You can get tested here as long as we have them. You can also contact your local health care facility (hospital system) or health department. We prefer our patients to test at our clinic, however if we do not have tests, we recommend contacting your local health department. Please call ahead for a test appointment, and please be patient and understanding; demand, anxiety, and clinic usage is at an all-time high.

Are home tests any good?

Each test seems to be about the same in accuracy. None of them are officially approved to diagnose covid, but they are all we have at this time. Home tests are less expensive, however if we are considering advanced therapies such as monoclonal antibodies, official testing through a health care clinic or facility is required.

What are monoclonal antibodies?

Monoclonal Antibodies (MAb's) are an investigational therapy designed to give your body more active immune components to fight the virus. It can be compared to a battlefield, with good guys and bad guys. The battlefield (your body) is flooded with good guys (your immune system) in an attempt to overwhelm the bad guys (virus).

Monoclonal antibodies are like calling in reinforcements. Patients can not get MAb infusions without having positive tests done at a clinic, hospital, or health department. Only the highest risk patients can get MAb infusions due to limited supply, reportedly caused by federal government interference.

My employer wants me to get a test, what should I do?

This is up to you ultimately. If you would like to test, please call our office. If you're asymptomatic and just want to be tested for work, and we're low on tests, we might not be able to accommodate you, as we have to save the tests for sick folks when we're low on them.

My employer has stated they will fire me if I don't get vaccinated, what should I do?

Although we do not recommend against the vaccine for all patients, we are uncomfortable with anti-personal-freedom mandates. We strongly recommend you stand up for your rights. If you have made an informed, rational decision against getting the vaccine, the way we see it, nobody has the right to force or coerce you into it. If they hold your employment over your head, they may not truly value having you as an employee.

I have covid or covid symptoms, and am having chest pain/pressure/shortness of breath/difficulty breathing. What should I do?

If these symptoms are severe, go to the ER. If they're annoying, but not severe, call the office and discuss your symptoms with the nurse. If the nurse is not available for a triage, please leave your name, contact number and our nurse will call you back to triage your symptoms. Text your provider. E-mail your provider. If you don't hear back from one of us promptly and you're not getting better, consider going to the ER. We strive to have numerous options for easy access to us in these situations.

I am having muscle aches/fatigue/weakness!

These are active viral symptoms and indicate the immune system is fighting a replicating virus. If you are having these symptoms you very likely have a viral illness and are capable of transmitting that virus. Follow the instructions above to improve your immune system and minimize spreading the highly contagious virus to others.

But I have a fever!

First, do you really have a fever? A fever is only a true fever if your core temperature is greater than 100.4. Anything less is not considered a deviation from normal vital signs. Even if you "run high" or "run low" a fever is a well defined medical phenomenon that is identified by clearly defined quantitative measurements. Overly high fevers can be treated at home with OTC options. You need to maintain adequate hydration so your body can use the fever effectively. Sometimes you may experience chills. This is a manifestation of a fever as well. This is the release of heat from your body that comes from a fever. *Fevers can be protective* and are not a bad sign, but rather a signal that your immune system is doing its job. If your fever lasts longer than 48 hours with treatment, or goes over 102 and won't come down with tylenol & ibuprofen or cool baths, we would like to hear from you, so please call the office.

I have chills!

See above. Chills are a manifestation of heat loss during the fever process. Don't bundle up in blankets, that will just drive your fever up.

What are some tools you recommend to help monitor my body while I am ill?

Great question, I'm glad you asked!

- 1) A pulse oximeter is a device that fits on your finger and checks your oxygen and pulse level. Normal oxygen is greater than 94%. We recommend everyone get one of these. They can be found on Amazon or at most local drug stores. They are less than \$20. Get one and learn how to use it before you ever get sick. This can help to identify problems early, and it can help relay important information to your health care providers.
- 2) An incentive spirometer is an excellent tool to help keep your lungs healthy and strong. This is also a tool that costs less than \$20. They can be found online and in many drug stores. These are lung exercising tools often used in the pulmonary care of pneumonia and after anesthesia. Don't forget to blow up a balloon or two every hour to help keep your lungs inflated as well.

I'm sick, and tested positive, but I'm not THAT sick, and I really want to go to the movies/vacation/church activity/store/school ball game/work/etc. Since I'm not super sick, I don't need to cancel those plans, right?

Wrong! Think of it from the perspective of all the people you might potentially expose to your highly contagious virus. Some of them will be high-risk folks who could get very sick. You wouldn't want them exposing you to nasty bugs, why would you do that to them? Be kind—stay home. Reschedule the activity.

What about the new variant, Omicron? The news has me very scared about it.

The Omicron variant appears to be highly contagious, but very weak, from the perspective of causing illness. Deaths are not being reported from Omicron. As of the date of this documentation, only 7 cases of death WITH Omicron have been recorded. This is far different than a death FROM Omicron—these 7 deaths were people with heart attacks, stroke, etc, who happened to have Omicron, but the Omicron was not the cause of their death. Most people with covid, *especially Omicron* get a cold and move on. Having had covid before seems to really provide protection against Omicron, and many who get it will never even know they had it. Doctors are very hopeful that if allowed to spread, Omicron might signal the end of significant illness from the SARS-CoV-2 pandemic. As humanity develops more and more immunity to this variant they also derive protection from other variants, and the virus moves to what epidemiologists call the “endemic” stage, much like influenza has. It is much more transmissible than the previous variants, but again, it appears to be far less dangerous, however, it is impossible to predict any outcome.

I was told I have a specific variant after I got tested. (“You have Delta,” “You have Omicron.” etc.) How do they know this?

They don't, and without data, it's an educated guess at best. The truth is, in Kansas, or anywhere for that matter, this data is not immediately available and takes a special test at the state lab. This is not an analysis that can be done in a parking lot. The bottom line is, your illness should be treated based on your risk factors, the severity of your symptoms, but NOT what variant you may or may not have. When your provider sees you, there is no way to tell what variant might be affecting you at that time.

Flurona.

Please stop listening to the news when it concerns your health. Sensationalism like “flurona” is meant to promote fear which sells advertisements. Fear and anxiety is well-proven to inhibit your immune system. “Flurona” (having the flu and covid simultaneously) is not more dangerous than Influenza or Covid. It is 2 different viruses, found on a test. In fact, the news claims they just discovered the first case, however this is untrue. We have seen it here and it was no more significant than the influenza or covid. Also, there are cross-reactivities with these tests, and when you test positive for both tests, you might still only have one virus or the other. Please, for the love of God, turn off cable news and go for a walk.

All of the education and advice written in this document is subject to change. True science changes in real-time and we learn more about this virus every day. There is a lot of bad information out there and it's not all based on true science, and often things that are NOT science out there are being called science. It's a difficult time for any of us to know who to trust. We are highly scientifically trained and will do our best to stay current and sort the truth from fiction for our valued patients!