

March 30, 2020

*From a local physician (Farmington), posted with permission. The Franklin County Sheriff's Office felt it important enough to share:*

"We might be entering the most intense phase of the Covid 19 pandemic over the next month or two. There is or will soon be spread within our community so it is worth going over home treatment. Most cases are treatable at home with simple things you already know how to do. We (your PCP) are always available to review your symptoms and your care plans if you need. Don't go to the ER without calling first.

Covid 19 is chiefly a respiratory illness with fever, cough, and shortness of breath, but other symptoms are being reported like diarrhea and vomiting, also along with fever. The fever, 100.4 or higher, seems to make the diagnosis right now Testing is still unavailable to most people outside of hospitals, nursing homes, and jails. Hopefully that will change soon.

Acetaminophen and ibuprofen type drugs (tylenol, advil, nupren, motrin, and others) can all be used for the fever and muscle aches and pains. There had been reports that ibuprofen was not a good idea but that has not proven to be the case. Ibuprofen is fine. Covid 19 usually lasts 7-10 days.

If you think you have it you should isolate yourself as carefully as possible until you have been relatively symptom free for 3 days and it is at least 7 days after the start of the illness.

Persons exposed to the virus should isolate themselves for 14 days after exposure if the exposure was close and prolonged. Less than 6' away for at least 15 minutes is the current standard.

A sick person does not need to go to the doctor or the emergency room unless that person cannot take care of themselves at home. That means they cannot take care of their basic self-care and are not able to take sufficient fluids for nutrition.

Call (your PCP) if you think you might need to go to the hospital. The hospital will be for the sickest cases. A person sick with the Corona virus should have no close contact with others, including pets, no sharing of utensils, plates, or cups, and shared surfaces should be disinfected with bleach regularly. Gloves should be worn to do this cleaning. This is especially true of the bathroom and eating areas. The sick person should be confined in their own room as much as possible.

There are still no magic drugs to treat this and the vaccine is months away, so our best tools are prevention through distancing and hand washing. Be smart, stay safe, and hang in there. We will be at this for a while."

*~Sheriff Scott Nichols*

*"Of the People, For the People"*