

***“The microbe is nothing. The terrain is everything.”***

Louis Pasteur (1822-1895)



**SCHOOL OF  
MEDICINE**

DEPARTMENT OF FAMILY  
& COMMUNITY MEDICINE

Dave Rakel, MD  
Professor & Chair  
UNM Family &  
Community Medicine

**W.H.O.  
Director  
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- Suspected Viral Illness (Fever, Fatigue, Cough, Anorexia, Myalgias, Dyspnea. Less common: HA, ST, Nausea and Diarrhea)
- Test, Test, Test, Every suspected case
- If not enough kits, test high risk: >60 yo, Lung Dz, Heart Dz, DM
- If healthy and low risk, stay home and isolate

# D/C Home Isolation (CDC 3.16.20)

## If Enough Test Kits

- No Fever
- Improvement in Symptoms (cough, dyspnea)
- Two negative tests, 24 hrs apart

## IF NOT Enough Test Kits

- 3 days free of symptoms (fever, cough, SOB)
- 7 days since first symptom

# Enhancing Immunity

- Fluids (Water and Green Tea)
- Emotional Connection during Physical Distancing
- Reduce stress with slow deep breathing: 6 breaths/minute
- Imagery: Ping pong balls covered with honey
- N-Acetyl Cysteine (NAC) 600 mg twice daily
- Zinc 20-40 mg daily