



Getting to Know Your Immune System & the Coronavirus

A presentation by:

Dr. Melvin Nario, MD, HMD

Bio Integrative Health Center International

1495 Ridgeview Drive Suite 210 Reno, NV 89519

775-827-6696

office@bihcireno.com

<https://www.bihcireno.com/>

What is the Coronavirus?

- The 2019 Novel Coronavirus, or **2019-nCoV**, is a new respiratory virus first identified in Wuhan, Hubei Province, China.
- It is common in animals. However, it rarely, infects people. Some cases of the 2019-nCoV suggests an animal to person transmission
- The virus is most commonly spread via person to person contact similarly to Virus such as MERS or SARS
- The incubation period ~5 days

Frequent Symptoms

- Fever (83–98%), cough (76%–82%), and myalgia or fatigue (11–44%)
- Early sore throat in some
- Less common - sputum production, headache, and diarrhea.
- Fever pattern not fully understood; may be prolonged and intermittent.



How is it different from other viruses?

Differences from Influenza:

- Influenza rate - 3% and 11%, of population, CDC estimates between 9.3 million and 49 million illnesses each year in the United States since 2010
- Death Rate is Higher with Coronavirus
- Children younger than 18 are more than twice as likely to develop a symptomatic flu infection than adults 65 and older
- Seasonal incidence – fall winter (dec – feb)
- Diff strains - H3N2, h1n1, A & B
- Vaccines, dx – rapid kits, anti virals



Transmission of the Virus

Main transmission of the virus is close contact:

- a) approx 6 feet (2 meters) + prolonged exposure time
- b) direct contact with infectious secretions
- c.) Any person in close contact with + 2019nCoV (history of travel from Hubei Province, or mainland China) within 14 days of symptom onset

Risk Factors:

- Older patients (65+ years)
- Young children (less than 1 years old)
- Those with chronic medical conditions
- Those who are immunocompromised



Treatment and Prevention

Treatment

- No vaccine or specific treatment; care is supportive.

Prevention

- **Best prevention - avoid exposure to virus**
- **Prevent spread by**
 - Wash your hands often with soap and water
 - Avoid touching eyes, nose, and mouth with unwashed hands.
 - Avoid close contact with sick people.
 - Stay home when sick.
 - Cover mouth when coughing or sneezing with tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- **Support / Boost up your immune system**
 - Get Plenty of Rest
 - Diet
 - Exercise Regularly

