



In light of the novel coronavirus (Covid-19) pandemic, Ambassadors Health Alliance is working diligently to ensure the health and safety of our patients and staff. We are screening patients according to CDC and Oregon State health Department while simultaneously using enhanced disinfection protocols in the office.

FAQ's

Do I have Covid-19?

If you have a fever of 100.4 degrees AND:

- A Cough
- Shortness of breath
- Difficulty breathing

If you are experiencing the above symptoms in any degree, and are not in respiratory distress, please call your primary healthcare provider immediately. For updated information, please visit the [Centers for Disease Control](#). As a reminder, we are a specialty clinic and do not have the capacity for Covid-19 testing - we do have a few standard recommendations for prevention and treatment however (see below).

What is Covid-19?

It is a new strain of virus that has not been previously identified. This means that anyone who contracts the virus has to learn how to fight it (we don't have vaccinations or herd immunity from prior exposure). This means it does have a higher death rate - currently averaging roughly 2%. This also means that roughly 98% of us have the ability to heal with the proper care. Those who are most at risk are the elderly, already sick or immunocompromised. As we learn better how to care for each other, it appears that the death rate may decline. This is an opportunity for us to work together as a community to keep the risks lower. The symptoms overlap both Influenza and the common cold (Fever, Cough, Fatigue etc) making it hard to identify (though people rarely have a runny nose with it). The primary cause of death is respiratory (pneumonia, overwhelming inflammation).

How do we prepare?

Limit exposure in the community - avoid large groups of people (work from home if possible, cancel large meetings, isolation if exposed), maintain personal boundaries (6ft)

Wash hands often (soap and water is superior)

By slowing infection rate and thus the number of people who are sick at any given time, *we allow for enough hospital access for the critically ill and subsequently have a lower death rate.*

Maintain 3 weeks of food etc available for self-isolation.

Engage diligently with the foundational coping mechanisms *For Mental health, Body Health, and Spiritual Health:*

1. *Exercise* - 30min/day cardio - which includes getting fresh air outside. This can build up baseline lung function, lymphatic clearance, functional capacity. Also Flexibility and breathing practices like yoga or Tai Chi.
2. *Sleep* - Critical for body healing, low sleep = lower immune function
3. *Diet* - Whole foods, mostly, plant based (rice & beans is a great staple and healthy food!) - avoid refined carbohydrates. Sugar/ Alcohol reduces immune function, consider intermittent fasting to boost immune function
4. *Belly Breathing* - Largest mover of lymph, encourages proper lung/ rib motion to limit pneumonia. Releases potent relaxing neurotransmitters
5. *Community* - This will look different - consider use of social media/ phone/ email/ snail mail as a means of encouragement rather than furthering social isolation. Encourage and support others who are struggling.

Do I need osteopathic treatment?

Yes! The data from the 1918 H1N1 flu pandemic is very strong that regular brief treatment with osteopathic manipulation dramatically reduces the mortality rate! However this presents us with a problem - bringing infected individuals into the clinic increases the risk of transmission to others (and frankly there are not enough osteopaths to treat everyone). We would be happy to individually train patients (now - before you get sick, may cut into regular treatment time) at their respective appointments in some basic, safe treatments you can use on family members at home to promote lymphatic movement, rib motion and rebalance the nervous system.

Anything else that can help?

When in respiratory distress, dehydrated or get a secondary bacterial infection - hospital based care is indicated. If you have access to a dry sauna, **preventative** use 20min/day 4+ days per week has been shown to reduce pneumonia by as much as 50%. Vitamin D, Elderberry and Esberitox have been shown to shorten viral illness (will be a challenge to find source of this now).

Summary: We each have a choice to see this as a barrier or an opportunity. Let's use this to spur us into diligent daily practices that best support each other and our community.