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Family Medicine & Bariatrics

PFP April 2022: COVID updates, COVID treatment, Origin of Vaccine



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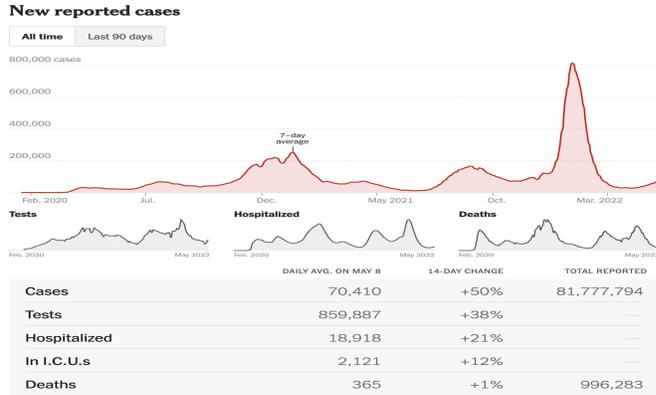
Dr. Brian Tong, M.D.

April 2022 newsletter:

- COVID updates
- COVID treatments
- April Vaccine Health Month

COVID updates

COVID 19 Trends



- Omicron BA.2, a subvariant of Omicron Delta is becoming the predominant strain in the U.S, leading to more COVID cases in the past few weeks.
- As of May 2022, 66% of U.S. population have received full dose vaccination, 77% have received at least 1 dose of vaccine.

COVID Quarantine updates (CDC update on 3/30/2022)

- Exposed to COVID 19
 - Vaccine up to date - No quarantine needed, take 10 days precaution
 - Vaccine not up to date - 5 days quarantine, take 10 days precaution
 - Had COVID infection in the past 90 days - no need to quarantine, take 10 days precaution

- Test Positive for COVID 19
 - Quarantine for 5 days, take 10 days precaution

***10 day precaution - wear a mask, do not travel, no close contact with others



COVID Treatment

Children

- Veklury (Remdesivir)
 - On April 25th, 2022, FDA approved for pediatric patients 28 days of age and older, weighing at least 7lb who are hospitalized or high risk of hospitalization
 - Works by inhibiting RNA polymerase - stopping viral replication
 - Nonhospitalized patient - 5mg/kg on day 1, 2.5mg/kg on day 2-5
 - Hospitalized patient - 5mg/kg on day 1, 2.5mg/kg on day 2-7
 - Side effects - nausea, elevated liver enzymes



Adults

- Paxlovid
 - inhibits protease - causing inhibition of viral replication
 - 5 day treatment course
 - includes 2 medications - nirmatrelvir 300 mg (two 150 mg tablets) AND ritonavir 100 mg (one 100 mg tablet) taken together orally twice daily for 5 days
 - Side effect - muscle ache, elevated liver enzymes, impaired sense of taste, diarrhea, elevated blood pressure
- Molnupiravir
 - Molnupiravir increases viral RNA mutations and impairs viral replication
 - 5 day treatment course
 - 200 milligram capsules take 4 capsules twice daily for 5 days.
 - Side effects - diarrhea, nausea, dizziness



April is Vaccination Health Month

History of vaccination

- Vaccination is the process of introducing a non-harmful virus into the body to allow it to produce immunity.
- There is evidence that China or India initiated the concept of vaccination around 200 B.C. The illustration below shows the use of vaccination needle to prevent diseases



- Edward Jenner, a physician from England, is widely regarded as “father of vaccination.” He was able to use a scratch from a small pox infected woman and inoculated it onto a young boy who then became immune to small pox.



- Jenner’s work represented the first scientific attempt to control an infectious disease by the use of vaccination. This set the foundation that allowed health organizations to help eradicate smallpox.
- Later in the 19th century, it was realized vaccination did not provide lifelong immunity. Additional booster vaccinations were introduced.

We thank you for allowing us to be part of your family in 2022. Please feel free to contact us if you have any questions.

Sincerely,
Staff at Pucillo Family Practice