



WELCOME MD

On behalf of all of us at WellcomeMD, we hope you and yours are continuing to stay healthy and safe during the ongoing pandemic.

We are continuing to do our part not only by remaining open and taking extra precautions to sanitize our office, but by providing an open line of communication about the latest regarding COVID-19 through webinars and newsletters.

We realize that staying updated on the latest information will become even more vital in the coming weeks as our communities hopefully begin to reopen.

New information on COVID-19 symptoms

New information suggests there are [four unique phases of COVID-19 symptoms](#) once those symptoms begin to appear. Remember, it is believed the "viral load" is highest when people are asymptomatic, meaning the virus is most contagious before an infected person begins to believe they might be sick.

Phase 1: The virus begins to replicate in the upper respiratory tract and we begin to see **loss of smell, dry cough** and **hoarse voice**.

Phase 2: The virus moves to the lower respiratory system and we begin to see an **immune system response** to it.

Phase 3: Individuals with COVID-19 who see Phase 3 symptoms begin to experience **shortness of breath** and **pneumonia**. It's during Phase 3 symptoms that patients begin to require hospitalization.

Phase 4: The time to move into this critical phase of symptoms is approximately 10 days. During this time, individuals experience **acute respiratory distress**, the

cytokine storm (chemicals released by white blood cells) and **multiple organ failure**.

DIY disinfectant and cloth masks

One of the most common questions we have received is what to do if you don't have access to masks or disinfectant wipes. Because of this, we would like to provide some tips to help you make at home cleaners and face masks.

Making your own disinfecting wipes and cleaner

Clorox Wipe Solution:

- 1 cup water
- ¼ cup rubbing alcohol
- 1 tsp Dawn dish soap
- 2 Tbsp ammonia (optional)
- 1 Paper Towel Roll cut in half

Lysol Wipes Solution:

- 2 cups water
- 1 cup isopropyl alcohol at least 70-91% concentration
- 1 Tbsp Dawn dish soap
- 3 drops Tea tree oil (optional)
- 1 Paper Towel Roll cut in half

For both cleaners you will soak the half paper towel roll in solution.

Hydrogen Peroxide Cleaner:

This one is easy! You will need hydrogen peroxide and a spray bottle. That's it. Pour the hydrogen peroxide into a spray bottle, then spray down the hard surfaces and allow the spray to sit for about 5 minutes. Wipe clean.

Making your own cloth masks

The CDC and WellcomeMD recommend using cloth masks in public to help prevent the spread of COVID-19. This is because N95 masks are needed for healthcare

workers who are helping fight COVID-19 and because these masks are considered single-use. Cloth masks can be washed and used again.

It's possible to make a DIY cloth mask with a bandana and either two rubber bands or hair ties. No sewing required! For detailed instructions, [please watch this video](#).

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