



# WELLCOME MD

As always, our hope is that you and your family are staying well. We at WellcomeMD will continue to keep you updated on the latest surrounding the COVID-19 pandemic and hope you will find the following information valuable as we continue to learn more about the disease and fight its spread.

If you have any questions about the virus, you can contact our office. We are able to arrange a safe, drive-through COVID-19 test for our members with results typically within 24 hours.

## How you are exposed to the coronavirus matters

Dr. Joshua Rabinowitz, a professor of chemistry and genomics at Princeton, and researcher Caroline Bartman [write](#):

"People should take particular care against high-dose exposures, which are most likely to occur in close in-person interactions — such as coffee meetings, crowded bars and quiet time in a room with Grandma — and from touching our faces after getting substantial amounts of virus on our hands. In-person interactions are more dangerous in enclosed spaces and at short distances, with dose escalating with exposure time.

For transient interactions that violate the rule of maintaining six feet between you and others, such as paying a cashier at the grocery store, keep them brief — aim for *within six feet, only six seconds*."

At the same time, they write, we need to avoid overreaction to low-dose exposures. Clothing and food packaging that have been exposed to someone with the virus seem to present a low risk. Healthy people in the grocery store or workplace "experience a tolerable risk — so long as they take precautions like wearing surgical masks and spacing themselves out."

## New data on the virus' incubation period

A new [research study](#) finds that on average, infected people who show symptoms begin to show them after five days. Nearly everyone who will develop symptoms does so within 11.5 days. Only a small number will begin to be symptomatic 14 days after infection.

But keep in mind that perhaps 25 percent of those who are infected show no symptoms at all but can still infect others. They are "silent spreaders." Six feet or more of social distancing is crucial. Simply avoiding only people who seem ill will not prevent the spread of the virus.

## Using your "sheltering in" time

WellcomeMD's Wellness Specialist, Luis Perez, says:

"Building a routine helps you be more productive, period. Whether it's for your work tasks, exercising, or ways to spend your evening indoors. Routines are useful because they help us shift our focus to the task at hand and not leave those things to chance.

"To build an "at-home" routine, some helpful tips are to write down a plan for your day or week to start. If you're working from home, try waking up at the same time every day and getting ready as if you were going to the office. Try to mimic some aspects of a morning commute as you would normally do -- make yourself some coffee, walk outside for a few minutes, or listen to the radio for a few minutes to get your mind awake and aware."

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