



WELLCOMEMD



COVID Updates - Omicron Variant

The omicron variant of COVID-19 has rapidly become the dominant strain in the U.S accounting for [59 percent](#) of all new COVID-19 cases. “While Omicron is causing milder symptoms on average, it’s spreading faster than any variant yet,” said WellcomeMD’s Dr. Neal Carl.

Symptoms

Prominent symptoms with the omicron variant are cough, congestion, runny nose, and fatigue. Symptoms appear to vary according to previous infection and vaccination status, with those who have had a booster shot experiencing mild flu-like symptoms and fatigue. Hospitalizations have mostly been limited to those who have not been vaccinated.

New Quarantine Guidelines

Data has shown that a person is most contagious 1 to 2 days before symptoms appear and 2 to 3 days after. This week, [the CDC](#) shortened its recommended time for isolation from 10 days to 5 days if asymptomatic, followed by 5 days of strict

mask use around others. Therefore, if you have been exposed to COVID-19, please wear a mask around others for 10 days.

The best time to get tested is [3 to 5 days](#) after onset of symptoms. If you do not have any symptoms, or your symptoms disappear after five days, you can stop quarantining.

Testing

WellcomeMD currently has both polymerase chain reaction (PCR) and Rapid-Antigen tests. PCR tests are considered the gold standard of [COVID-19 testing](#). If you are required to provide proof of a COVID-19 test, you will be asked to provide results from a PCR test.

We offers two different kinds of PCR test for our members. The BioReference test is covered by most insurance plans and takes an average of 4 to 5 days to return results. The Soft Cell test, has a turnaround time of 2 to 3 days, costs \$30 for the saliva test, \$20 for the nasal test, and \$60 for overnight shipping.

Rapid tests can get results in as little as 15 minutes, however, there is currently a nation-wide shortage of rapid tests and we have a limited supply at our practice. If you are asymptomatic or need to be tested for travel purposes, we offer PCR tests.

Monoclonal Antibody Treatment

We assist with referring our members out to an infusion center for monoclonal antibody treatment. MAb treatment is available for individuals who are symptomatic, at a high risk for developing severe COVID-19, have a positive COVID-19 test, have not been admitted to hospital, and are 12 years or older (and at least 88 lbs).

High risk criteria include:

- O₂ saturation greater than 92 percent (if less than 92, we recommend going to the ER)
- BMI greater than 25
- Chronic kidney disease
- Diabetes
- Immunosuppressive disease (e.g. leukemia, lymphoma, asplenia, neutropenia, AIDS)

- Immunosuppressive treatment (e.g. chronic steroid, chemotherapeutic, biologic immunomodulators)

Supplement Protocol

Now is the time to protect your immune system. Your doctor may recommend taking the following extra supplements to give you as much natural protection as possible.

- Vitamin C: 1,000-2,000 mg, daily
- Vitamin B Complex: 50 mg each, daily
- Zinc: 25-50 mg, daily
- Melatonin: 3-6 mg, nightly
- Vitamin D3: 5,000 IU, daily
- Quercetin: 250 mg, daily
- Aspirin: 81 mg, daily

New Year's Eve Holiday Hours

Our office will be closed on Friday, December 31st, for the holiday weekend.

Regular office hours will resume at 8 a.m. on Monday, January 3rd. **If you have any urgent care needs, please call our office at (804) 774-7099 and ask that your physician be paged, or you may reach out to your physician directly on their cell phone.**

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