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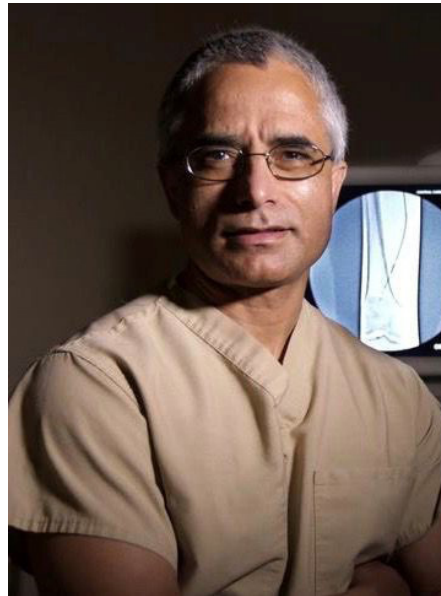
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Community Voices: Be patient for our eventual nirvana

Brij Bhambi, MD



Social distancing and related measures have thankfully and predictably flattened the curve and ameliorated a much greater tragedy.

The virus and vulnerability are still there as are the original fears. The virus has metastasized across the land and globe. Most of the population remains susceptible. Until the time effective vaccination is developed, continued compliance to proven and effective measures is the only rational solution.

But there in lies the rub. How do we aspire to revert to life we so desperately seek? It's going to be a drawn out process that will unfold incrementally requiring sustained surveillance and continued adherence to safety measures.

At a given time, 1 percent to 5 percent or less of the population is likely to be infected. Hopefully

much smaller percentages as time goes by. We need to test, trace contacts and isolate those with infection. This requires testing capabilities at industrial levels with quick turnaround and high degree of positive predictability. It will require an efficient public health department that will contact trace and isolate the infected.

If we succeed on step one, then we can start opening the economy with high degree of confidence. We can start with essential services, health care, etc., and expand to other sectors as capabilities ramp up.

We can look at seven days a week workplace with alternate day workforce to decrease density and transmissibility.

In California, hospital capacity is being wasted in anticipation of a surge. Hospital capacity is a perishable commodity; if not used in the present, it's not additive to tomorrow. The rationale for continued avoidance of non urgent surgeries is losing some of its logic. On the other hand, evaporating numbers of STEMI (ST Elevation acute MIs – heart attacks) and CVAs (cerebrovascular accidents – strokes) is a shocking offshoot of unintended panic. We need to stop trading one epidemic for another. Let's restore health care availability where possible and help mitigate non-COVID-19 healthcare and economic consequences.

Efforts to ramp up PPEs and hospital supplies are apparently on the mend. It will alleviate a sense of fear that envelops health care workers.

The sense of urgency and camaraderie in the scientific world is encouraging and a call of the times. We should see effective advances to defeat the menace of COVID-19.

Serology testing will be a huge positive in detecting populations with immunity. The immunized among us can make the nucleus of society's task force. Such a task force comprised of immunized health care workers at the national level will be a team of "indestructibles."

The eventual blessing will be effective and durable immunity through universally available vaccines. All hands are on deck and fingers crossed.

Until the time we achieve nirvana of immunity, we are compelled to adopt social distancing as the mainstay of prevention. If we fail to implement an incremental approach and near total compliance, we will allow the virus to come back with a vengeance. The light at the end of tunnel can't be the train rushing at us. Stay safe.

Dr. Brij Bhambi specializes in cardiac and vascular intervention, nuclear cardiology, consultative and general cardiology and holds board certification in Interventional Cardiology, Cardiovascular Disease, and Internal Medicine. He is the chief medical officer at Bakersfield Heart Hospital.

COVID-19 Pandemic - William Baker, MD



As I write this article, I am looking out on a beautiful Spring Day of April 11, 2020. The sky is blue, there are fluffy white clouds, the flowers are blooming and the birds are singing. My wife Sharon and I are in the 25th day of self-quarantine since I cared for a patient at the office infected with COVID-19 and it was decided that I should work from home due to my risk. Fortunately, I was wearing my newly acquired N95 mask and other personal protective equipment (we have come to know as PPE) thus I was not infected. It is surreal, looking out on this beautiful day and at once also reflecting on the global pandemic that is claiming lives every minute, causing global economic collapse and threatening our way of life. We are inundated with news of death and hardship, thankful for the sacrifices of our healthcare workers and many others who are battling this disease and reminded of the reality that we are all at great risk and our future is unknown.

In our lead article, Dr. Bhambi has

eloquently described where we are now and the necessary path to recovery. We will move past this crisis and our community, our national institutions and our behavior will permanently change as a result. It is clear that all of us need information and guidance we will trust and act upon. We are asked to understand how and why something we cannot see poses a dire threat to our survival.

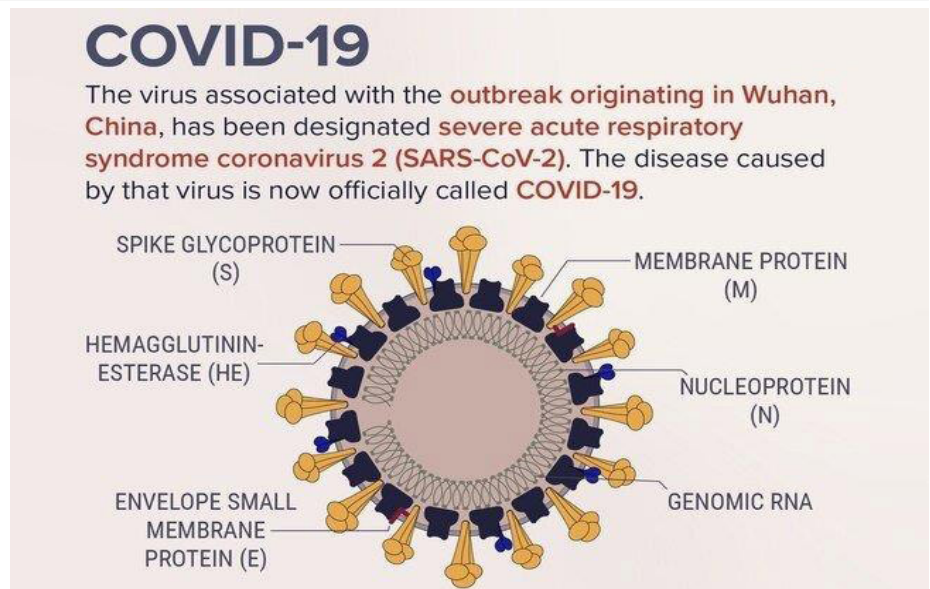
Since knowledge and trust are essential to changing our behavior, I would like to outline some COVID-19 "basics" which we all need to remember. First about the virus. All viruses are either a fragment of DNA or RNA surrounded by proteins and at times a lipid (fatty) layer. The virus attaches to a cell and the DNA or RNA enters the cell. This viral material then essentially hijacks the machinery of the cell it has entered and redirects the cell to perform a single function, producing more viruses. These new viruses then rupture from the cell and spread to other cells and on the process goes until

our immune system succeeds in arresting the viral cell attachment, entry and replication. This process of adsorption (attachment to the cell), penetration of the cell membrane, replication of the virus and release is repeated millions of times over. Different viruses attach to different cell types, explaining the symptoms we experience when infected. COVID-19 attaches especially to lung cells and blood vessel lining cells.

The COVID-19 virus is a coronavirus (of which there are many) and is officially called SARS-CoV-2. It is very similar to SARS-CoV-1. SARS stands for Severe Acute Respiratory Syndrome. The virus is incredibly small and 100 million can fit on the head of a pin. The reservoir host in nature is bats. COVID-19 was transmitted to a single human then mutated slightly so as to be transmitted from person to person. It is actually not as lethal as SARS-CoV-1 but much more contagious and at least 2-3 times as contagious and 10-20 times more lethal than influenza. 100 million COVID-19 viruses can fit on the head of a pin!

The illness we experience when infected with COVID-19 can vary from few or mild symptoms in 80% of those infected to a severe life-threatening illness within days or hours. Those who die succumb to failure of the ability to oxygenate the vital organs and resulting multiple organ failure. In the severely ill the body has generated a veritable storm of immune defenses which then cause additional tissue and organ injury.

The virus is spread by person to person contact and on droplets



from normal speech, coughs, and sneezes of infected people. It remains able to cause infection on surfaces such as metal, plastic and cardboard for up to 3 days. All of this to say for those “non-believers”: “Yes” COVID-19 is highly contagious and deadly and in every community in America and likely the world. “Yes”, you must be extremely vigilant as the only proven “treatment” is to not be infected in the first place – in other words -PREVENTION, PREVENTION, PREVENTION!!

In the United States we have the best scientists in the world. We have the most advanced centers for understanding infectious diseases, including those causing epidemics and pandemics, in the world. We MUST LISTEN TO THEM. Social distancing must be a way of life until they tell us otherwise. We must learn better hygiene by more diligent handwashing and the appropriate use of hand gel. We must discipline ourselves to keep our hands off our face. Finally, if the CDC says to wear a mask when we are around other people, we must do it. Since at least 25% of people with COVID-19 carry and spread the virus but have no symptoms, we must assume everyone we come into contact with is a potential

source of infection.

As Dr. Bhambi has pointed out, we will survive the COVID-19 pandemic. There will be fewer of us and we will long mourn those we have lost. We can be certain that the world will be changed in the wake of the pandemic. With more understanding of what we face now, it is hoped that we will move forward less vulnerable and better prepared for a resurgence of COVID-19, and other lethal diseases including seasonal influenza.

COVID-19 Symptoms

Symptom	%
Fever	88
Dry cough	68
Fatigue	38
Sputum production	33
Loss of smell	15-30
Shortness of breath	19
Muscle or joint pain	15
Sore throat	14
Headache	14
Chills	11
Nausea or vomiting	5
Nasal congestion	5
Diarrhea	4-31
Hemoptysis	0.9
Pink eye	0.8

(Compiled for Wikipedia from multiple referenced sources)

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, stay away from others. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.
 - See COVID-19 and Animals if you have questions about pets. <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor’s office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a facemask in the following situations, if available.

- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider’s office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.



Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) external icon.

Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can’t put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus.](#)

“Quarantine” Does Not Mean “Cooped Up”

- By Kelsey Reason, CEP



These unprecedented times can leave us wondering what we are supposed to do now. We have all of this free time with nowhere to go, nobody to see, and nothing to do. You may not have been prepared for this extended “staycation” but here you are, staying at home and feeling cooped up by this quarantine.

While there are some strict guidelines currently in place, this is not the time to board up your doors and windows and never leave your house. On the contrary, this is the perfect time to open the house up, let in the fresh air, and either start or maintain an exercise program! Regular exercise has wonderful implications for your physical and mental health and in these uncertain days, you certainly need to protect both!

Even though the gyms are closed, there are still plenty of things

you can do for exercise within or around your house. One thing to be grateful for is this beautiful spring weather! This is a very temperate time to go out for a walk, jog, or bike ride around your neighborhood or nearby park. Cardiovascular exercise is the backbone of any good exercise program and should be done at a moderate intensity for a total of at least 150 minutes per week. A moderate intensity requires a “good effort”; your exercise should feel more intense than “light” (as if you could do it all day) but it does not need to be a “hard” to accomplish. If 150 minutes sounds daunting, just break it up into smaller chunks to accomplish; you can exercise for 30 minutes on 5 days, do about 20 minutes each day of the week, or even go for shorter bouts twice a day to accumulate those exercise minutes. Even if you cannot do 150 minutes your first week, just getting moving

and working towards that goal will be beneficial. Of course if you have a home gym or exercise equipment such as a stationary bike, treadmill, or elliptical, now is the time to hop on and make good use of them. Keeping a log of your time will help keep you accountable but better yet, satisfy your social needs too by reaching out to a family member or friend to exercise at the same time as you. You could talk on the phone while you walk or compare how you felt on your jog or bike ride after your workout. If you’re brave and have a pool you might even be able to swim some laps, but that might need to wait a few more weeks to be comfortable!

Resistance training is the perfect supplement to your cardiovascular exercise. Again, the gyms are closed so this calls for a bit of creativity. If you have dumbbells or resistance bands at home, great! A grocery sack full of water

bottles or soup cans can serve as a makeshift weight for you to use as well. Using your body weight as a tool is also a very good idea. You can keep your muscles strong by doing wall push-ups, chair squats, crunches, stair steps, lunges, chair dips, planks, supermans, scissor kicks, or calf raises. In the absence of a personal trainer or guide, and to help avoid injury, videos online can help you understand the proper form and technique to use when lifting weight or doing body weight exercises. By doing the exercises in front of a mirror you can help to ensure that you are conducting the movements properly. Be sure you are using an appropriate weight – if any exercises cause you pain, discontinue immediately. Your goal should be 10-15 repetitions

of each exercise where the last 3 feel a little tough to complete. If the weight is too light, increase the weight or number or repetitions. Likewise if the exercise is too difficult, begin with fewer repetitions and gradually increase as you get stronger.

Stretching is very often the forgotten element of exercise but is essential for your whole body health and should be done 7 days a week. Stretching should be done after a brief warm up to get the muscles pliable or after your exercise routine is complete. Exercises should not cause you pain but rather a slight discomfort in which you can feel the pull of the muscle fibers lengthening slightly.

The benefits of exercise (cardiovascular, resistance training, and stretching) are numerous, including a greater ease while conducting activities of daily living, a decreased risk of certain health conditions (ex. heart disease, diabetes, high cholesterol), increased energy levels, decreased stress, anxiety, and depression, and improved sleep. It is recommended that you call your doctor's office before beginning any new exercise program for any guidelines or concerns they have regarding your specific medical history. Let this quarantine help you develop healthy exercise habits that can carry over once life returns to normal. Stay safe but certainly do not stay sedentary!



Coronavirus (COVID-19) – What You Should Know

- By Bakersfield Heart Hospital



They suit up in masks, gowns, gloves and protective visors and head off to fight a virus so frightening, scientists around the world are scrambling to find a vaccine. The job can be overwhelming. Doctors, nurses and medical staff know they're putting their own lives at risk, but they return to work, day after day because that's why they got into the healthcare field – to care for people.

How is Bakersfield Heart Hospital (BHH) handling the Coronavirus?

BHH follows a meticulous hygiene routine and strict protocols. All staff and physicians must have a temperature check and answer a list of questions before they can go past the security desk. No visitors are allowed unless approved by the medical team, which may seem heartless but a necessary step to curb the spread of the virus.

Even with Coronavirus, healthy people who get an illness or have serious symptoms need

to go to the emergency room. People may think it's best to avoid the Emergency Department because of the virus but BHH has systems in place to protect non-Coronavirus patients in the ER. By waiting to go to the hospital until symptoms have become severe, it could be too late to prevent long-term damage.

You don't feel well - when should you call a doctor?

According to the CDC, if you think you have been exposed to COVID-19 and/or develop a fever and symptoms such as cough or difficulty breathing, call your doctor's office, urgent care clinic, or emergency department for medical advice. This will help your health care provider prepare for a possible visit. Be sure to tell the doctor about any recent trips you have taken and any close contact you have had with someone who might have the virus.

If you have any of the following symptoms, you should call 911 or seek immediate medical help:

- pressure or pain in the chest

- a new state of confusion
- a blue tinge to the lips or face
- difficulty breathing

If you feel sick, but aren't experiencing cough or shortness of breath, it's a good idea to stay home, wear a facemask, stay away from others in your home, disinfect surfaces you touch and WASH YOUR HANDS often.

Looking Back

We've been through this before, responding to outbreaks like Ebola and the H1N1 epidemic. Countless hours were put in to ensure the safety of our employees and patients, as well as to continuously deliver the right care to the right people. We are taking that same approach with COVID-19. We are in control of the situation and have purchased extra supplies, masks, gloves and lab equipment. It's BHH's responsibility to take care of our community. But it's your responsibility to continue to do what is necessary to prevent the virus from spreading — wash your hands religiously, stay home when you are sick and keep away from those infected, avoid large crowds and most importantly, take care of yourself and your families.

What do we do in the meantime?

The outbreak of a disease doesn't mean your life should come to a halt and your health should suffer. You should continue exercising and eating well, get good sleep, and use relaxation techniques to de-stress. Be sure to get reliable information from the CDC (Centers for Disease Control) or Kern County Public Health, and not Facebook or other social media sites that may not be accurate.

Social Distancing during COVID-19 – Stay 6 Feet Away from Your Fridge

- By Bakersfield Heart Hospital



Whether you find yourself mindlessly eating because of stress, boredom or working from home, now is the time to auto-correct. In fact, just like washing hands, staying home and keeping 6 feet apart when in public can help slow the spread of the Coronavirus, easy options exist for healthy eating.

Here are some ideas that will help you re-emerge from your home looking the same (or even better) than the beginning of quarantine.

1) Snack Wisely: During this 'stay-at-home' time, unhealthy snacks like cookies and other goodies tend to be available for you to use as comfort food. Put the snacks away from view – out of sight, out of mind.

2) Watch Your Portion Size: The best way to do this is to use smaller plates or serving dishes. Make your snack tray in the

kitchen and only place a small treat on the dish, and then seal back up the bag or container.

3) Plan Your Meals: Prepare a meal plan for the next two weeks to not only avoid having to go to the store too often but planning ahead can go a long way towards preventing weight gain.

4) Family Meals – Eat regularly scheduled meals and make mealtime a special experience. Turn off social media, the TV and focus on the importance of being together as a family.

5) Make Meals Healthful:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Make meals low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

6) Avoid Processed Foods: While most processed foods are quick and easy, these foods often contain excess sugar and unhealthy fats that take a toll on your weight.

7) Don't Use Foods to Suppress Stress: It's tempting during any crisis to seek relief by eating all day and night but don't get in this habit. Instead of thinking about food when you're stressed, read a book, learn a language or call a friend.

Inactivity may contribute to weight gain, especially if accompanied by overeating. So instead of focusing on what you will eat, get up and move! Doing some type of physical activity with your family will prove beneficial for weight control. Something as simple as a family walk can get your mind off food and allow you to bond with the ones you love.

Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Endocrinology, Pulmonology, Neurology, General Surgery, Neurosurgical Spine Surgery, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Golden Valley Medical Associates**
- **Susan Hall, MD**
- **Dr. Viridi - Neurology**
- **Dr. Ian Armstrong - Spine Specialist**
- **Dr. Fontaine - Radiology**
- **Dr. Ashraf - Pulmonology**
- **Dr. Nisim - General Surgery**
- **Southwest Internal Medicine**
- **Clinica Del Valle**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**
- **Centric Priority Care Clinic**

What Centric Health is doing to protect You?

At Centric Health, we are doing everything we can to provide for your healthcare needs and at the same time protect you and our staff from infection with COVID-19. Listed below are steps we are taking to keep us all safe.

- 1) Wearing appropriate PPE.
- 2) Reducing the number of patients in our waiting rooms so as to allow at least 6 feet between patients.
- 3) Allowing patients to wait from their car so as to limit their time in the waiting room.
- 4) Utilizing Telemedicine to provide our patients with needed care at home rather than always requiring a visit to the office.
- 5) Providing information and guidance regarding COVID-19 so that patients can receive testing when needed and access to medical evaluation promptly.
- 6) Remaining available to meet our patients' needs regardless of what challenges we may all face.

Centric Health is now offering **Telemedicine**

The COVID-19 pandemic has led our world to make changes we would never have imagined likely or even possible in February 2020. As we have moved to practice social distancing and stay-at home, a dilemma has been created – How do we safely see our doctor? How can we receive the medical care and treatment we need without exposing ourselves to the virus others may be shedding? How do we protect others, including the doctors and their staff from COVID-19, which we may be shedding and not even know we have?

Wearing masks, washing our hands and healthcare professional use of PPE (personal protective equipment) offers all of us protection. As medical providers throughout the world have also realized, a better solution for many patients might be to provide medicine at home remotely with Telemedicine. Quickly recognizing this need, the Centric Healthcare partners have transitioned to offering customized Telemedicine to the thousands of patients who trust us for their care.

Telemedicine is not just a telephone call from the office but a live audio-visual encounter with the Physician, Physician's Assistant or Nurse Practitioner. The medical chart is at the Provider's fingertips, guiding the medical history taking, just as if the patient were in the office. Physical examination findings can be gathered with a special set of examination techniques, which for most visits can provide the information needed to allow a diagnosis to be made and treatment prescribed. This is all from the comfort of the patient's



home and without needless exposure to COVID-19.

So how does this work?

The doctor's office sets up an appointment with you just as is customary to "see" a specific Physician or Mid-level. At the scheduled time you will receive an email, text or telephone call with information confirming your appointment and connecting you to the provider. Once the audio-visual connection is made, the visit proceeds just as if you were in the office,

What device and/or APPS do I need?

You will need a computer with a camera, cellphone (a smart phone is needed for the audio-visual connection) or tablet. The Centric electronic health record program eClinicalWorks has built in a system for telemedicine. We web enable you by putting your email address in the system, then a text message is sent to you 30 minutes prior to your telemedicine appointment with a link. Once you click on the link it takes you directly to a virtual waiting room and you are connected with your provider. Alternative platforms Centric practices are using include ZOOM for Healthcare, Google Duo and

Facetime. With these platforms you are connected by the office of the provider directly.

Does Telemedicine protect my personal health information?

Telemedicine is designed to use a HIPAA (Health Information Privacy and Portability Act) secure program with multiple layers of security. That is the case with the eCW Televisit and ZOOM. Facetime and Google Duo visits are not HIPAA compliant but currently permitted by a special Federal waiver to be used during the COVID-19 pandemic only.

How do I get started?

You may have already been contacted by the doctor's office concerning a Telemedicine visit. If not and you have an upcoming visit, call the office and inquire if your next visit can be by Telemedicine.

Centric Healthcare is committed to staying on the cutting edge of medicine and in this current crisis doing everything we can to provide world-class medical care and to protect you, your family and all of our medical offices and staff from COVID-19 infection.

COVID-19 - Guidelines for wearing a Mask

CDC and Federal Guidelines concerning the use of a mask are an extension of efforts to prevent the spread of COVID-19.

Masks are intended to cover the mouth and nose thus helping to protect the wearer from inhaling viruses carried by droplets exhaled, sneezed or coughed from others nearby who are shedding the virus (including those with no symptoms). The mask also helps prevent the wearer of the mask from exhaling infectious droplets and exposing others nearby.

Protective masks come in many different shapes and are

composed of different materials. The differences are in the size of the pores in the mask. The N95 mask has the smallest pores and is reserved for healthcare workers involved in the most intimate contact with patients' mouth, nose and airway. Commercial surgical masks are to be used by healthcare workers when in contact with patients suspected of having any infectious illness, in the operating room and during the COVID-19 pandemic during any patient contacts. The N95 mask filters out the viruses sprayed from the airway during the placement of an airway and similar procedures. The surgical

masks work very well at protecting from droplet infection. As there is an international shortage of N95 and surgical masks, the general public is advised to wear cloth masks, which are fine at stopping droplets. Cloth masks can be purchased from many different retailers and can be easily fashioned at home. A variety of websites offer detailed instructions on how to make masks for personal use.

Masks should be worn whenever social distancing of 6 feet or more is not possible as at the grocery store or pharmacy.



For detailed instructions on Use of Cloth Face Coverings to Help Slow the Spread of COVID-19, go to <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Nutrition Nuggets - by Michele Cheynoweth

Californians have been warned of the “BIG ONE”—referring to an earthquake. We were told to stock up on nonperishables and store, but, continually cycle our water bottles (first in; first out... for fresh inventory purposes). We were to ready a change of clothes, socks and shoes, flashlights, first aid kit and store in an easily accessed area. Corona Virus threw us for a loop because we had water, electricity but many didn't have home supplies. To top it off we needed to keep 6-10 foot distance from friends, neighbors and workmates.

Food safety and sanitation are paramount in this era of Covid19 but it should always be a priority.

Food safety concerns

- Wash your hands thoroughly with soap and water.
- Time it..20 seconds Hum Happy Birthday, Blue Suede Shoes or other personal favorites in whatever language suits you.
- Dry with clean towel or disposable paper towel depending on your stock.
- When to wash... before and after preparing meal; between preparing raw and cooked foods; going to restroom; touching door knobs, door slides and/or face.
- Sneeze into tissue and/or your elbow. Wash again.
- Wash clothes that have been in contact with others or with items others have touched.
- If handwashing is not an option, hand sanitizer with at least 60% alcohol may be used until soap and water become available.

Food handling and storage

For now please use gloves & masks at the grocery store. Purchase animal products—meat,

milk, ice cream cheese, eggs and frozen items at the end of your shopping.

When you arrive home, empty items on a covered patio table and wipe down all the cans with a disinfectant cloth. Let rest before placing in home cupboard. Keep bags outdoors to dispose.

Ordering out

Transfer foods to a plate instead of eating out of the containers. Discard the box or bag. Best practice: use a smaller plate and save part of your meal in the refrigerator for later.

Promptly refrigerate foods, keeping raw and cooked foods separate, and heating food to the appropriate internal temperature. www.usda.gov

Always Wash

• **Fruits and Vegetables with Edible Peels:** Wash all produce, no matter whether it is organic or conventionally grown, with cool tap water immediately before eating or using in a recipe. Skip the soap because the porous surfaces on fresh produce can absorb the ingredients in soap. Dry with a clean cloth or paper towel to further reduce the harmful bacteria that may be present on the surface of fresh produce.

• **Fruits and Vegetables with Inedible Peels:** Bananas, avocados, grapefruit, lemons, limes and winter squash — what do all of these fruits have in common? You guessed it, inedible peels. Wash all produce, even if the peel will not be eaten, because dirt and bacteria can be transferred from the peel to the inside of the fruit as it is sliced or peeled.

• **Can and Jar Lids:** Wash lids before opening them so harmful particles don't fall into food. Be sure to wash all cans before opening, including canned beverages and soup.

Never Wash

• **Raw Chicken (and Other Raw Meat):** Rinsing raw chicken may spray more harmful bacteria around the kitchen, which can potentially make you sick. The only way to kill the bad bugs is to cook chicken and other meats to their appropriate internal temperature.

• **Fish:** Avoid washing raw fish because it doesn't clean the fish. Instead, it increases the chance of cross-contamination to other foods, utensils and surfaces.

• **Eggs:** (Source eatright.org)

A big challenge is the emotion of eating during a disaster.

Our feelings about food become apparent in times of stress. Be reasonable in making habit changes.

Stay on task. Without a schedule we lose our routine. Having access to the kitchen...the comfort of food calls to many of us.

When you venture into the kitchen, make soup from scratch, salads and roast fruit and vegetable kabobs. Refrain from baking cookies each day! Broaden your repertoire for flavors and textures during this time of confinement. Seasonings and textures are the sensory part of food that bring pleasant memories and positive feedback. Bland foods are boring for most of us. It takes more volume to please and fulfill us. Our

eyes, nose and tongue process the uniqueness of a food long before our stomach gets a chance to process. Pay more attention to the taste, texture, aroma of a food or beverage.

- Think about flavor ... sweet, sour, bitter, spicy, savory or salty. For textures, remember crunchy, smooth, lumpy, silky and chewy.
- Slow down eating with smaller plates, finish a bite before forking the next, and chew thoroughly.
- Trade lower fat, higher fiber condiments and sides to meals

Small steps ... big rewards. Take advantage of this home time to plan meals. Anticipation can promote a positive attitude. Involving children and other family members ... builds skills and shares the workload. It is also a striking reality of how much time and effort can go into planning, shopping and preparing meals not to mention the cleanup.

Don't get bored. Invite your family members to suggest menu items, plan and prepare meals.

Involve children and teens in food skill building—measuring ingredients, dividing a pizza or a slice of toast are great math skills. Estimate costs of foods to be purchased from a grocery list and then compare the actual bill. What a great math & economics lesson. Use science of food... food is chemistry, biology and agriculture.

Use activities to distract from food. Keep your hands and mouth busy so you'll snack less and avoid the kitchen cabinets, refrigerator and freezer. Create with modeling clay or Play Dough. Sew or do button

repairs, seams etc. If you crochet, knit or embroider, it's a perfect time to finish a project and share lessons with others. Play games that require your hands...

Clue, Trivial Pursuit, dominoes, checkers, chess, cards. Build Lego houses, blanket forts. Start a vegetable or herb garden. Even a window sill will do.

This is also financially stressful period. We are fortunate grocery stores are now stocked, but bank accounts are not. Meal planning saves money and improves the quality of what we eat.

Use a printable menu or even a note on your phone to write down/type your list. Physically seeing your plan can help you stick with it!

If you use the printable version - post in an obvious place in the kitchen so it won't be missed. If you are using your phone, you could even set an alarm to remind you what's on the menu for the night or what needs to be prepped ahead for another night. Stretch food dollars with "planned overs:". Prepare a little more one evening with the planned use of 1 or 2 cups to be a starter or side dish for the following lunch or dinner. We often use a large container of salsa or pico de gallo...for dip or topping.. what a great veggie. The second day you might want to stretch with an item that adds iron and fiber such as black beans. For the little bit remaining the third day...add tidbit size or crushed pineapple pieces or even try cubed mango. Top tapa size tacos, salad, baked potato or sweet potatoes or use as a dip with raw vegetables.

Modify recipes for the comfort of familiar foods like mashed

potatoes and macaroni and cheese...soft, warm..and dense calorie source. We can lighten these recipes. Mix in riced cauliflower. Purchase cheeses made from 2% milk. Reduce the butter or margarine by half. Try using fat free sour cream or plain Greek yogurt to mash. Sprinkle Italian seasonings and extra crushed garlic to give a bite to these recipes.

Trying new recipes—an opportunity to check out the cookbooks you have on hand or recipes from the internet. 1 new one a week...with ingredients you have at home

Challenge your family and virtually connected family & friends to take five (5) ingredients from your pantries to plan 3 different meals. Then share the recipes. Look at resource links at the end of recipe to find more ideas.

- Spinach (fresh or frozen less sodium, unsalted canned...or rinse regular twice before using)
- Lentils (cook your own or ready to heat/microwave)
- Rice (brown or white rice)
- Tomatoes (canned unsalted or fresh)
- Onion (fresh chopped, frozen diced or dried flakes)

Healthy Eating: Curry Lentils & Brown Rice

A quick and easy plant-based meal that is loaded with simple ingredients and lots of flavor!

Makes: 6 Servings Prep time: 5 mins Cook time: 20 mins Ready in: 30 mins. Easy to modify, too

Ingredients:

- 1 Tbsp extra virgin olive oil
- 1 small onion, diced
- 2 cups frozen chopped spinach
- 1 (12-oz) jar green curry simmer sauce (found in International section)
- 1 (15-oz) can diced tomatoes, no salt added
- 1 (17.6 oz) package steamed lentils (or 2 ½ cup cooked)
- 4 ½ cups cooked brown rice

Toppings:

- 6 Tbsp plain Greek or Icelandic Yogurt
- 6 Tbsp raw cashews
- 2 fresh roma tomatoes, diced

Instructions:

- Heat olive oil over medium heat. Add in onion and sauté for 3-5 minutes.
- Add in frozen spinach and cook for an additional 5 minutes, or until onion is translucent and spinach is cooked through.
- Add curry simmer sauce, canned tomatoes and lentils. Cook over medium-low heat, until all ingredients are heated through (about 10 min).
- Portion ¾ cup cooked brown



rice into 6 bowls (or ½ cup into 8 bowls!) Top with lentils and garnish each bowl with 1 Tbsp yogurt, 1 Tbsp cashews and fresh diced tomato.

NUTRITION PROFILE PER SERVING

480 calories, 16 g total fat, 6 g sat fat, 0 g trans-fat, 0 mg cholesterol, 490 mg sodium, 67g carbohydrates, 13 g fiber, 10 g sugar, 17 g protein

Substitutions:

- No curry sauce in your cupboard... use green enchilada sauce.
- No brown rice ... use white
- No yogurt...use fat free sour cream
- No lentils... use pinto beans.
- Dinner # 2 add chopped chicken breast to leftovers (less carb that night)
- Lunch #1 use casserole in a lettuce wrap and add a sprinkle of grated cheese

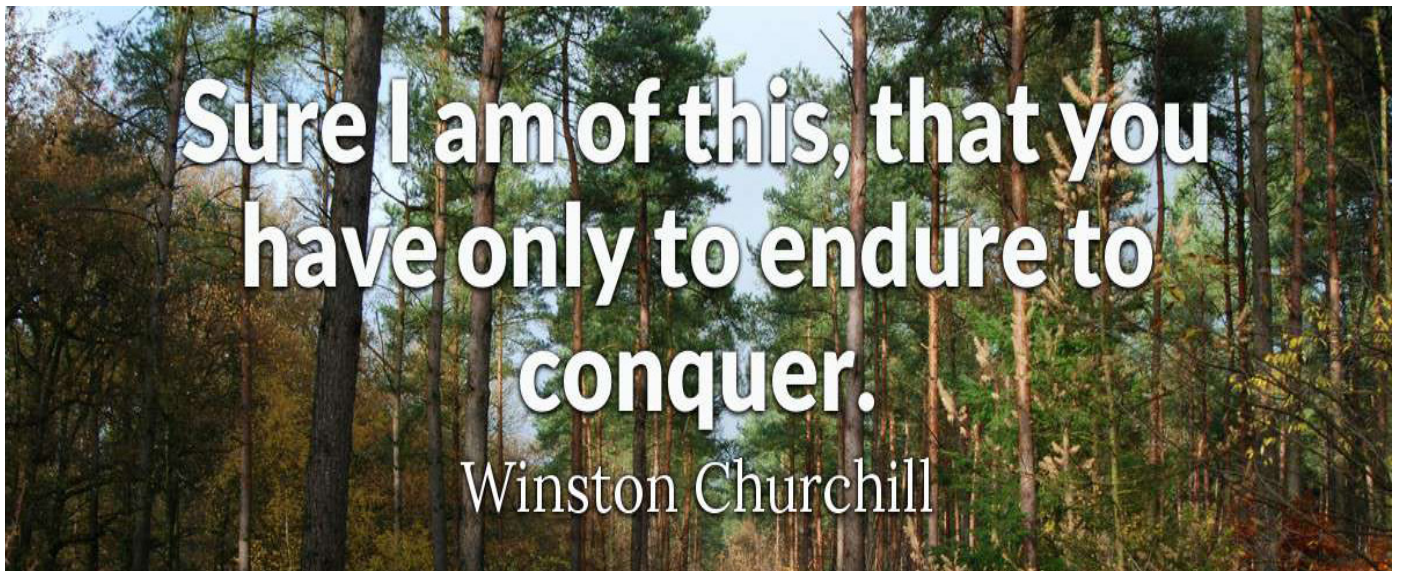
RESOURCES:

- <https://starterguide.foodreveal.com/>
- <https://www.bonappetit.com/gallery/simple-recipes-five-ingredients>
- <https://www.cookinglight.com/eating-smart/best-quarantine-meals>
- <https://www.diabetesfoodhub.org/articles/10-ways-to-flavor-food-that-are-better-than-salt.html>
- <https://www.diabetesfoodhub.org/search-results.html?keywords=5+items+in+pantry>
- <https://www.foodreveal.com/healthy-recipes>



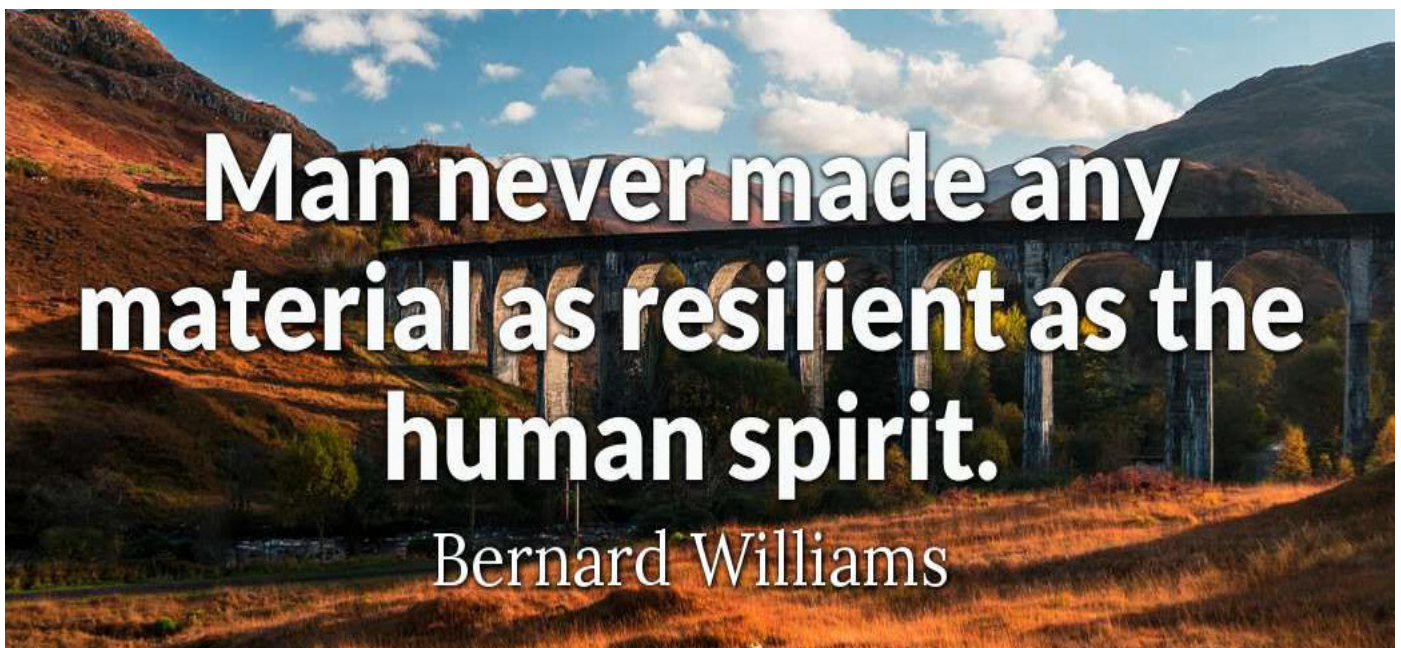
**O, wind, if winter comes, can
spring be far behind?**

Percy Bysshe Shelley



**Sure I am of this, that you
have only to endure to
conquer.**

Winston Churchill



**Man never made any
material as resilient as the
human spirit.**

Bernard Williams

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.