“Laughter, The Best Medicine, comes in liquid form”

“Doc’s Spoonful of Medicine”

#1. CoVid-19 Stuff

Many people have been very worried about the new Coronavirus CoVid-19, which we first heard of in December 2019 (hence the 19). Knowledge has been emerging and advice has been confusing. However, from the outset, I advised the staff at my surgery and my patients, using a “medical common sense” approach. Much of what I have been saying has now become standard fare on the menu of proclamations.

Virus infection depends on one’s susceptibility, natural defences, and immunity, but also on the amount of virus that infects you at each contact. This is called “viral load”. Coronavirus enters the body via the airways of the nose and throat, from inhalation or contact with infected hands touching the upper airways.

The one thing that is very much in one’s control is the viral load at each contact. Hence washing one’s hands with soap or alcohol gel, which kill the virus, is sound advice.

What was not clear to all initially, was that being outdoors or having airflow through the room by opening doors and windows, whenever it is safe to do so is especially important. For people who cannot take the risks of unforced entry, or toddlers falling out from high rise flats, then locking windows ajar or opening vents and leaving all the doors in the house wide open is a great idea. Of historical interest is the fact that “drafty” old houses with added airflow via the fireplace chimney were, in many ways, healthier than some of the sealed boxes of modern homes, which without vents, increase the risk of virus accumulation once contracted, and increase asthma problems by sealing house dust in the air. In cold weather it is important the keep the body warm, but not at the expense of reducing air flow. Get more layers on and enjoy breathing cold fresh air. You sleep better too.

Thus, it is rather difficult to get sick from CoVid-19 if you are mostly in your garden, but quite easy to get sick if you work in a sealed indoor environment. Hence the toll on health workers, care home workers, bus, train and taxi drivers, security guards etc.

The wearing of masks in crowded indoor places such as shops and public transport makes good sense at the moment, to reduce infecting each other, though you need “N95” grade masks to offer protection FROM others. Most masks are “N93” or lower filtration.

You can actually buy “N95” masks (also called “FFP masks” in the UK), now, whereas previously they were most often mainly used by health workers.

If you work in such higher risk environments, make a habit of walking outdoors for about 15minutes on your way home or when you get home, before settling indoors by the telly or computer. This enables you to remove virus from your airways replacing it with clean, uninfected air, rather than re-breathing your own virus and gradually concentrating it in the air indoors. Stay safe Fletton folk.