



Dear Patients:

We want to share a few new developments regarding COVID-19. Late on December 27th, the [CDC](#) **shortened the timeframe** required for COVID isolation and quarantine, based on updated data for the Omicron variant. Key points to keep in mind follow.

Isolation and quarantine

Isolation refers to those with a confirmed COVID infection. Quarantine refers to the time following an exposure to the virus.

- If you **test positive for COVID-19, isolate** for 5 days instead of the previous 10 days. If asymptomatic or symptoms have resolved (without fever for 24 hours) after 5 full days, wear a well-fitting mask for the next 5 days around others to minimize the risk of infecting people you encounter.
- Any of your close exposures who are **fully vaccinated** (including a booster dose, if the last vaccine was more than 6 months ago) **do not need to quarantine** but should wear a well-fitting mask around others for 10 days.
- If you are exposed to the virus but **NOT fully vaccinated, quarantine** for 5 days, followed by 5 days of strict mask-wearing around others. If symptoms occur, quarantine again immediately until a negative test confirms your symptoms are not attributable to COVID-19.
- For all who are exposed to the virus, consider testing at Day 5 after exposure.

If you have COVID-19:

- Check your oxygen level twice a day. (Inexpensive pulse oximeters are readily available on [Amazon.com](#) if not at your local pharmacy.) Notify the office (or contact us via cell phone if after hours) if your level goes below 93%, or if you develop significant respiratory symptoms like wheezing. We may want to start you on a course of steroids or recommend further treatment.
- For the headache, fever, and body aches, consider the following OTC medications: Acetaminophen 1,000 mg three times a day; if the acetaminophen does not provide enough relief, you may add an NSAID such as naproxen (e.g. Aleve) 220-440 mg twice a day, or ibuprofen (e.g. Advil) 600 mg 3-4 times a day. Remember to take NSAIDs with food. If you have liver or kidney disease, contraindications to these medications, or are on blood thinners, please call for advice prior to initiating treatment with acetaminophen or NSAIDs.
- Otherwise, the best way to care for yourself is **rest and stay hydrated**.
- A normal Vitamin D level is important for a well-functioning immune system. If you are not already taking any, consider adding an OTC Vitamin D supplement of 2,000 IU daily. Although it is not proven that other immune-enhancing supplements (such as Vitamin C and Zinc) will help fight COVID-19, if you do decide to take them, consider Vitamin C 500 mg daily and Zinc 50 mg 1-2 daily.
- As always, please notify us if you start to feel worse, or go to the ER if you feel your situation has become an emergency.

COVID-19 testing at the office

We currently offer the PCR (molecular) tests for COVID-19 at North Cypress Internal Medicine & Wellness. Please note that the rapid (antigen) tests are on backorder at this time, with no expected delivery date yet.

Please continue to reach out should you have questions or need guidance regarding your personal health situation.

Have a safe, happy and healthy New Year!

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Live Healthy, Live Well.
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