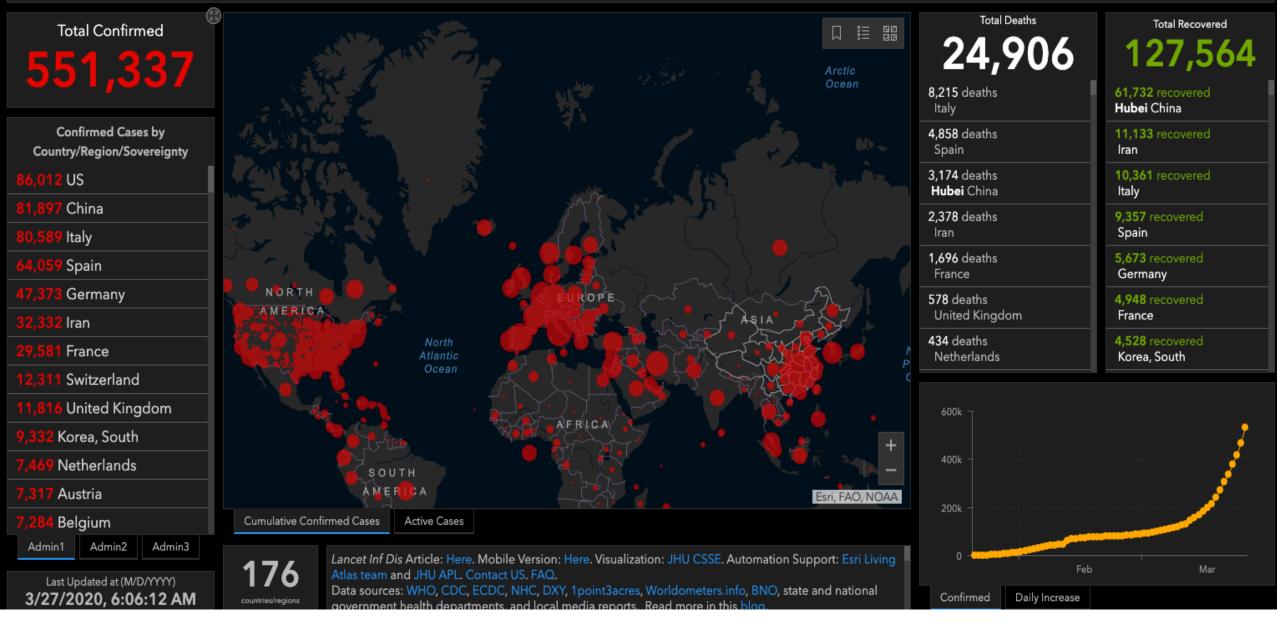
## COVID-19 Update

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# News this week

Wear a mask Prolonged Pandemic outside of your home California Antibody seems to be testing flattening the curve

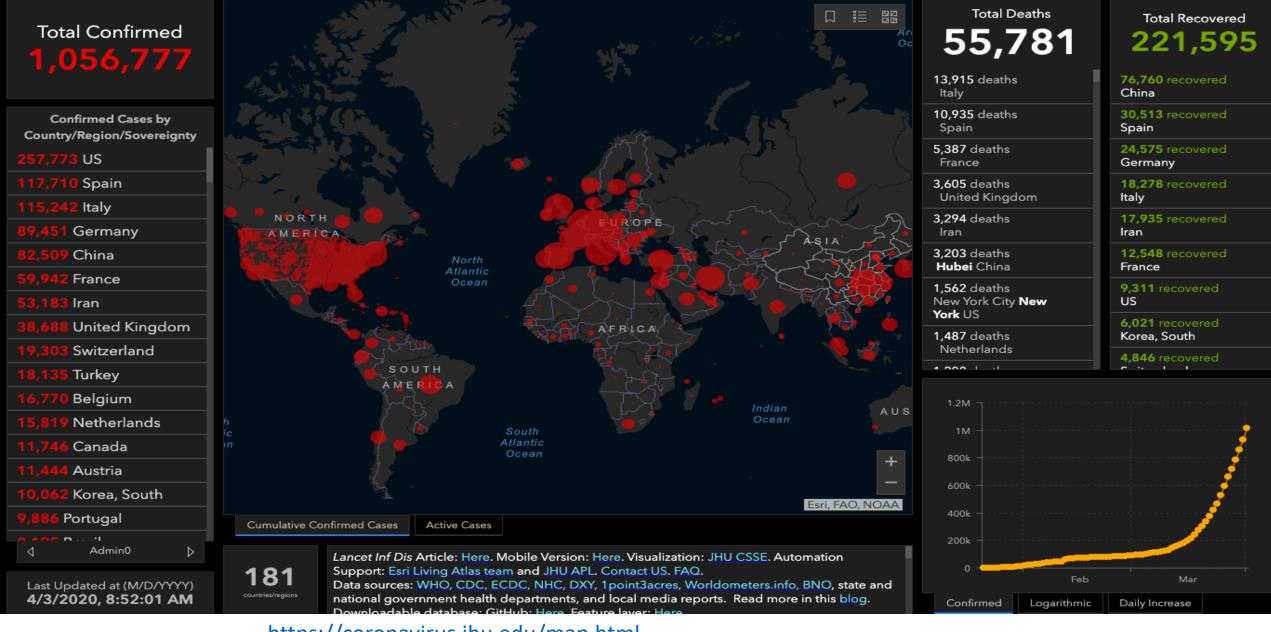
🕡 Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (J...



https://coronavirus.jhu.edu/map.html accessed 03-27-20



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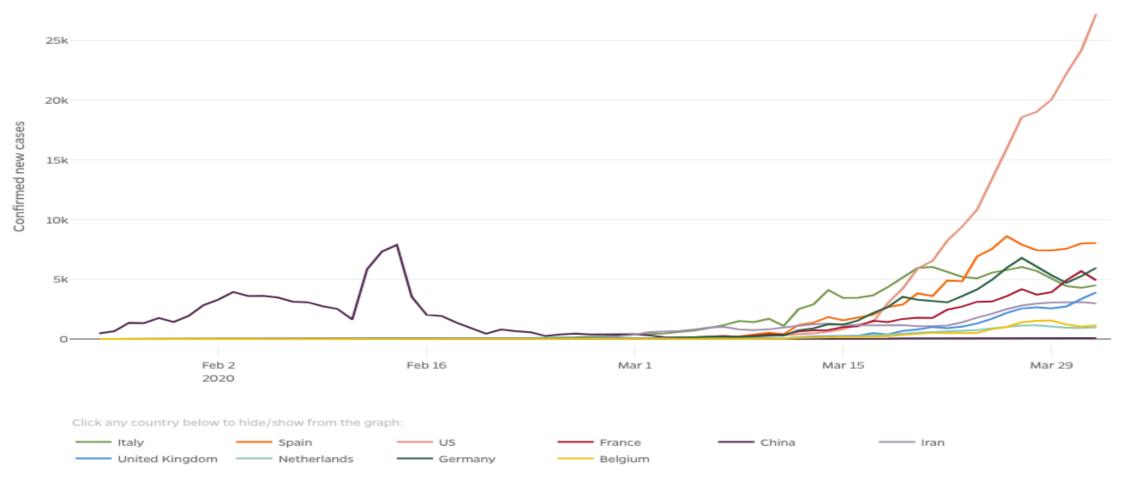
#### https://coronavirus.jhu.edu/map.html

accessed 4-3-2020

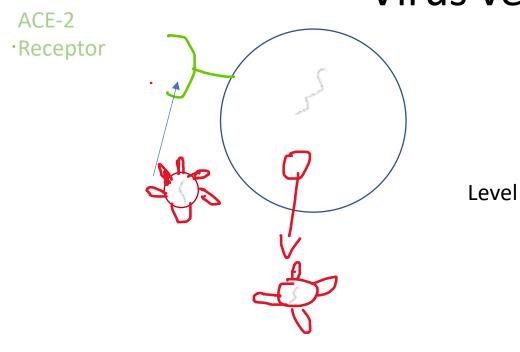


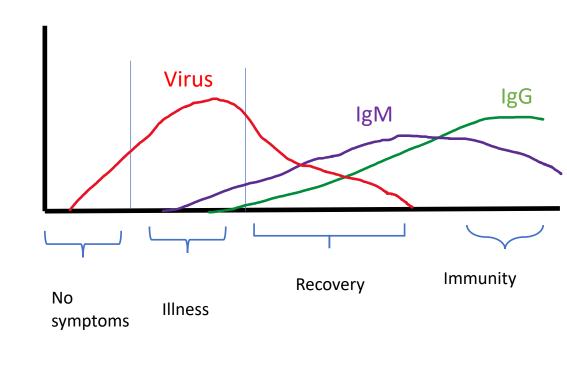
#### Daily confirmed new cases (5-day moving average)

**Outbreak evolution for the current 10 most affected countries** 



### Virus versus Antibodies





Time >>>>>

#### PCR- Direct test, tests for the virus only

Antibody Test, tests only for the antibodies

# Distancing?

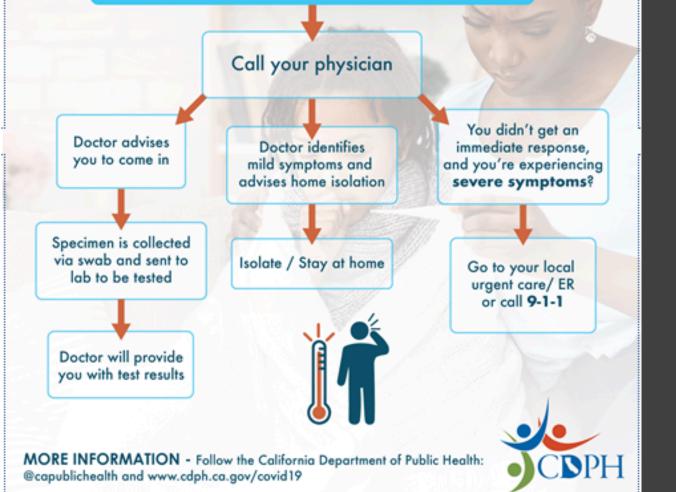
Change from "Social Distancing" to "Physical Distancing"



Likely to help with the immune response

# DO I NEED TO GET TESTED

Are you experiencing: Fever, Coughing or Shortness of Breath?



Most people should not be tested...for

now

### **Stress Reduction**



End of too many activities



Chance to rebalance



Be with your families



Focus on your nervous system



Don't rush to get back into being overly busy



## Thank you



### CALIFORNIA CENTER for FUNCTIONAL MEDICINE

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