

Parkinson's Disease and Coronavirus

What you need to know...

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There is a lot of misinformation and speculation about the Coronavirus (COVID-19). We would like to provide you with some reliable information to help you through these uncertain and stressful times. We believe the following information is helpful for those living with Parkinson's disease, caregivers for Parkinson's patients and their loved ones.

Please note: for the most up to date information about COVID-19 please refer to the CDC guidelines (<https://www.cdc.gov/coronavirus/index.html>) or call the local San Diego Coronavirus Hotline by dialing 2-1-1 from any phone.

What is the Coronavirus (COVID-19)?

- Coronavirus disease 2019 (COVID-19.) is a respiratory illness that can spread from person to person. The virus that causes COVID-19

is a novel coronavirus that was first identified during an outbreak in Wuhan, China.

- Today, it is a pandemic.
- Symptoms are mild to severe and include cough, fever and shortness of breath. COVID-19 can be severe, and in some cases, fatal.

The numbers:

- 10,000+ COVID-19 cases in the U.S. (As of 12:00pm, 3/19/2020.)
- 240,628 cases of COVID-19 worldwide. (12:14pm, 03/19/2020.)
- 9,953 deaths from COVID-19 worldwide. (12:14pm, 03/19/2020.)
- 86,689 recovered from COVID-19 worldwide. (12:14pm, 03/19/2020.)
- On 3/17/20 the **estimated** projections were:
 - By April 2 – 1 million cases in the U.S.
 - By May 7 – 2 million cases in the U.S.
 - By, May 13 – 4 million cases in the U.S.
- As of **3/20/20**: Without *substantial containment* measures **the newest estimate** for the spread of COVID-19 is that it **doubles every 3 days or less**. (AS of 03/20/20.)

NOTE: These numbers are not to spread panic but, to stress the importance of taking COVID-19 seriously.

Who is at risk?

- We are all at risk. Young and old.
- Persons 60+ who have underlying chronic health problems (heart & lung disease) seem to be at higher risk of developing more serious complications from COVID-19 illness.
- The CDC suggests you consult with your healthcare provider about additional steps you may be able to take to protect yourself.
- Pets: Please go to the CDC website for more information.
(<https://www.cdc.gov/coronavirus/2019-ncov/prepare/animals.html>)

- Children: Based on available evidence, children do not appear to be at higher risk than adults.
- Please go to the CDC website for more information (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children-faq.html>)

What can you do to protect yourself during the COVID-19 pandemic while living with Parkinson's Disease?

- Most importantly - don't panic. Stress and anxiety will only make your Parkinson's symptoms worse.
- Continue your exercise routine.
- Follow the information listed in this message – *above* and *below* this section.
- If you do develop symptoms and they become concerning or moderate to severe, call your primary care doctor or neurologist.
- If they are not available and you think that you need more immediate care, call your local urgent care or hospital ER rather than just showing up, so that you don't potentially infect others around you. Many of the hospitals in San Diego are in the early stages of ramping up preparations for expected increased volumes of potential COVID-19 cases that will be presenting to the hospitals. There will be screening and triage tents set up at all hospitals to handle potential incoming cases.
- Check your pantry and make sure that you have extra food rations and staples that you use or need on a regular basis in your home so that you don't have to go out
- Make sure that you have extra medicine on hand; take inventory and reorder any that are running low. Be sure to check with your doctor before adding any medications to your normal medication regime.
- Get an Aware in Care Kit and put the contact info of your doctors and current list of your meds inside it if you need to go to

the hospital so that you can inform healthcare providers about your Parkinson's Disease special needs. If you don't have one of these kits, they can be ordered for free from the Parkinson's Foundation by calling 1-800-4PD-INFO (473-4636) or go to their website at www.parkinson.org.

- Get a medical alert card and keep it with you at all times; you can print one from the Parkinson's Foundation website.
- Stay in touch with family, friends, neighbors or whomever your support network is via phone or email to keep people aware of how you are doing and to stay on top of changes that may be occurring in your community.
- If you do not have a strong support network, there is the "You Are Not Alone" (YANA) program for people with Parkinson's and Care partners who have no immediate family members or friends who could consistently check on their welfare through the San Diego County Sheriff's Department and San Diego Police Department . For more info go to sdsheriff.net under senior volunteer patrol section.
- Remember that it is just as important for care partners to stay healthy as it is people who have Parkinson's disease.
- Utilize home delivery services whenever possible; nearly all grocery stores and pharmacies have delivery options and there are other food delivery options like Uber eats and Grubhub plus groceries are available for delivery through Amazon.com .
- Check to see if your doctor's office is offering Telemedicine office visits instead of going into the office. Many doctor's offices are offering this option where they can conduct your visit by video **or** by telephone while you are in the comfort of your own home.

How is COVID-19 spread?

- Spread is mainly from person to person who are in close contact (6ft. and under).

- Inhalation of respiratory droplets in the air from an infected person sneezing or coughing within 6ft.
- COVID-19 can also be inhaled directly into the lungs.
- Touching a surface or object that has the virus on it and then touching one of the 3 avenues into the body: the eyes, the nose, the mouth but, this is not thought to be the main way the virus is spread.

How long can COVID-19 remain viable? (i.e., live on surfaces)

- 3 hours in the air.
- On copper for 4 hours.
- On cardboard for up to 24 hours.
- On plastic and stainless steel up to 72 hours.

Ways to efficiently inactivate COVID-19:

- Wipe surfaces disinfectants with:
 - 62-71% ethanol or
 - 0.5% hydrogen peroxide or
 - 0.1% bleach (sodium hypochlorite).
- Wipe surfaces with diluted household solutions of:
 - Alcohol solution containing 70% alcohol.
 - Most EPA-registered common household disinfectants.
 - Bleach solution:
 - 5 Tablespoons (1/3 cup) of bleach per gallon of water.
 - 4 teaspoons of bleach per quart of water.
 - Ultra Clorox Brand Regular Bleach.
 - Clorox Everest.
 - Glycolic Acid – “Show”, The Clorox Co.
 - Sodium hypochlorite – “Lite”, “Wave”, “MILO”, “BUSTER”, The Clorox Co.
 - Lysol Brand Disinfectant Direct Multi-Purpose Cleaner
 - Lysol Brand Deodorizing Disinfectant Cleaner

- Citrus Scent Lysol Brand Antibacterial Kitchen Cleaner II

- Do NOT mix these cleaning products (toxic fumes will occur):
 - Bleach & Vinegar
 - Bleach & Ammonia
 - Bleach & Rubbing Alcohol
 - Hydrogen Peroxide & Vinegar

How to prepare your household?

Take everyday [preventive actions](#):

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- [Clean and disinfect](#) frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

What can I do to protect myself and my loved ones?

If you have an outbreak in your area:

Stay home and speak to your healthcare provider if you develop fever, cough, or shortness of breath

- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - 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 symptom that is severe or concerning.
- Keep away from others who are sick
- Limit close contact with others as much as possible (about 6 feet)

What if I think I have COVID-19? / What if I develop symptoms? / What if someone in my home is sick?

- Listen to reliable advice from healthcare providers and ultimately the CDC guidelines.
- STAY HOME.
- Call your doctor before visiting your doctor.
- Stay in touch with your doctor.
- If the laboratory test is available in your area (long Q-tip used to swab back of throat) – you will be instructed where to go for COVID-19 testing.
- Isolate: Stay home. Separate yourself from others in your home.
- Avoid public transportation.
- Limit contact with pets & animals.
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/animals.html>
 - Although there have been no reports of pets or other animals contracting COVID-19, the CDC is recommending limited contact with pets/animals until more is known.
 - It is recommended someone else feed your pets – if possible.
- Wear a mask.
- No visitors other than caregivers.
- You should clean your “sick room” daily.
 - Someone else can clean and disinfect common areas in your home – not your sickroom or bathroom.

What else can I do if someone in the house has COVID-19?

- Sneezing & Coughing: Cover your mouth and nose with a tissue.
- Throw the tissue away in a trash can.
- Wash Hands after sneezing, coughing, or blowing your nose:
- Soap & Water for at least 20 seconds.
 - (Sing the Alphabet Song or Happy Birthday = approx. 20 seconds.)
- 60% alcohol-based hand-sanitizer.

- Clean Hands Often:
 - Wash Hands before food preparation & eating, after using the restroom, & blowing your nose:
- Avoid touching your eyes, mouth, nose with unwashed hands.
- Avoid sharing personal household items:
- Do not share: dishes, drinking glasses, cups, eating or cooking utensils, towels, or bedding with others in your home.
- Wash your dishes thoroughly after using them in the dishwasher or with soap & warm/hot water.
- Wash towels & bedding after use.
- Clean all “high-touch” surfaces everyday:
- The person with COVID-19 should clean their “sick room” daily.
 - Someone else can clean and disinfect common areas in your home – not the sickroom or bathroom.

And finally...

- There is no coronavirus vaccine - yet.
- Prevention involves
 - Frequent handwashing.
- If you are coughing or sneezing-
 - Do so into the bend of your elbow.
- Most importantly, stay HOME & ISOLATE yourself.
- You also can contact the local San Diego Coronavirus Hotline by dialing 2-1-1 from any phone 24hrs a day/ 7 days a week.
- Avoid non-essential travel within or outside the U.S.
- Avoid gatherings of **10+ people** in indoor & outdoor environments (meetings, seminars, events, churches, malls, stores, hospitals, nursing homes, schools, parks, etc.).
- Avoid ANY gatherings other than family members and caregivers who live with you or take care of you.
- Keep a safe distance (6 feet minimum) from other people.

For any questions, concerns, or if you are in need or someone you know is in need of assistance or more information regarding COVID-19, we are recommending that you contact the local San Diego Coronavirus Hotline by dialing 2-1-1 from any phone or go to www.211sandiego.org. This hotline and website are providing up to date information 24 hours a day, 7 days a week on COVID-19.

Please stay informed. Remember, we are all in this together and we *will* get to the other side of this pandemic. We wish you good health in these uncertain times.

Stay home and be well,

All of us at Summit for Stem Cell Foundation

POST-NOTE:

Yesterday evening (03/19/20), Governor Newsom issued a STAY AT HOME ORDER. For details and information: <https://covid19.ca.gov/>