

March 18, 2020

Good Morning,

We all are about to enter an unparalleled period in our lifetimes – the exponential expansion of the COVID19 viral infection rate of our population. My hope is that all of you under the umbrella of my professional care will actively listen to the wisdom of our scientists, who adamantly advise we all sequester ourselves and our families within a safe environment. Please realize this is not just a 2-3 week period, as promoted by our politicians. Listen to the experience and recommendations of our scientists and epidemiologists.

This epidemic will last at least another **2-3 months**, if not longer. **The reason:** COVID-19 is a “novel” or “new” disease cause by the virus **SARS-2-CoV**. No one has any immunity against it. No one has antibodies to fight the virus, as normally provided by annual vaccines. This viral pandemic will not run its course and just go away. This **SARS-2-CoV** will be among us worldwide indefinitely and join the current influenza viral strains for which we do have vaccines. However, the best estimate is it will be at least 18 months for a proven vaccine to be available on a mass level. In the meantime, we have to rapidly adapt a new mindful way of living our lives, if we are to reduce our risk of contracting this infection.

This sense of urgency is due to the magnitude of the current rate of exponential expansion of the COVID-19 infection. If the rate of infection is not slowed, it will overwhelm our medical systems’ capacity to be able to provide life-saving treatment for all those who are critically ill. That is why **mitigation** is critical and why our self-imposed semi-isolation for the next 2-3 months will slow the rate of expansion. If not, more people will die due to lack of available medical care.

I am not normally an alarmist. However, I am shocked when I hear people say this is just “fake news”, “no big deal” and that it will “blow over in 2-3 weeks”. This is as big of a ‘wake-up’ call, as I can remember in my lifetime as a physician. There is NO guarantee, but we can dramatically reduce our chances of contracting this COVID-19 infection by taking preventive action, protecting ourselves and others and not place a greater demand on our healthcare system.

Be aware, be informed, be proactive and be Mindful - every wakeful moment. Do not touch your face, wash your hands with soap and water after contacting any outside surface, keep safe physical distances from others, drink plenty of water and get adequate sleep. Protect your immune system so it can better protect you and you can better protect your families.

Thank you for reading my message. Check your email for more to come on this shared journey.

Regards,

Gordon Gunn, M.D.

