

COVID-19

JANUARY UPDATE – TESTING & VACCINES

Happy New Year 2021

As 2021 is unfolding it is clear we must continue to be vigilant in protecting ourselves (when away from home) and our families (when returning). The peak incidence of *infections* will not occur until the first half of February. The peak incidence of *deaths* from COVID-19 will follow 2-4 weeks later. The O.C. hospitals are at their breaking point.

The availability of the COVID-19 vaccine for those at the higher risk categories (occupation & age) is beginning to roll out. I have listed the following reference links for Orange County, CA.

COVID-19 Vaccine – Who Qualifies:

<https://coronavirus.egovoc.com/covid-19-vaccination-distribution>

COVID-19 - FAQ's About Testing Sites:

<https://ocovid19.ochealthinfo.com/covid-19-testing>

COVID-19 - Home Collection Tests:

<https://oc.care.ambrygen.com/#/cit/landing>

COVID-19 - Orange County Daily Case Count

<https://ocovid19.ochealthinfo.com/coronavirus-in-oc>

Due to the rapidly increase in COVID-19 exposure risk (even with proper protective precautions being taken) I am restricting my 'in-office' appointments for only urgent problems. Hopefully, routine annual exams will resume in a few weeks. Telemedicine appointments are being scheduled for all other questions, concerns and follow-up Boston Life-Plan consultations.

Most patients are using a mobile phlebotomy service (<https://hemamobilelab.com>) for their blood draws. I receive consistent comments of appreciation, convenience and professionalism provided by Monica Vilchez, Phlebotomist. If you wish to avoid the Lab waiting rooms, you can contact her @ 949-566-5831 or monica@hemamobilelab.com.

On another note, I want to encourage all of you to revisit my updated *Lifestyle Articles* section on my website (<https://gordongunnmd.com>). You will also find all the **COVID-19 E-Blast Updates** I have previously published. Also, check out the '**Monthly Blog**' tab where you will find a catalog of topics dating back to 2013.

This is a new year and being more sequestered provides the time and opportunity to reaffirm your commitment to yourself to embracing my ***Four LifeStyles for a Healthy LifeSpan***.

Regards,

Gordon C. Gunn, M.D.

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