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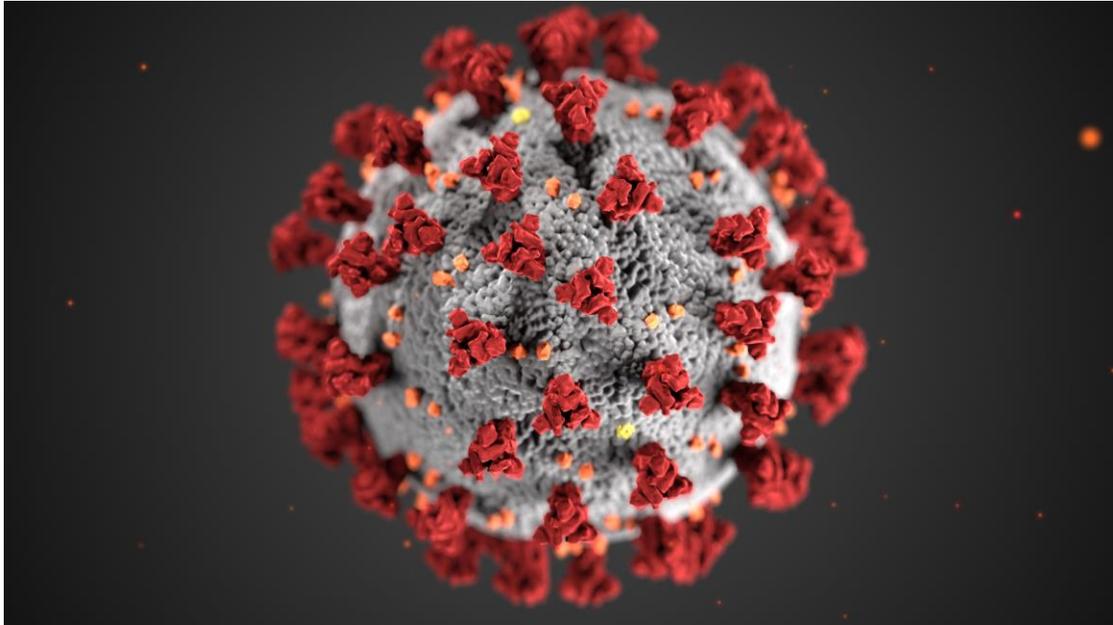


The Results Are In

WITH DR. SANJAY GUPTA

Wednesday 03.25.20

- Stay at home to save lives
- The truth about treatments
- Why you might not get tested – and may not need it
- Young adults are getting sick, too



Stay at home to save lives

As a doctor, it's hard to hear my colleagues on the frontlines of the pandemic pleading for more masks and gowns so they can stay protected. While the federal government has mobilized industry to make more masks, I keep hearing stories of people stepping in and donating masks and gowns. Fashion designers are sewing masks and engineers are making them with [3D printers](#). It's truly amazing to hear how people are stepping in to try and help.

But, here's the thing -- you don't have to have a 3D printer to help. All you have to do is stay home. Stay home and you reduce your chances of contracting or spreading the virus. While many people are heeding this advice on their own, more than a dozen states have issued orders essentially requiring residents to stay at home. As of today, with more state orders in effect, more than 40% of the US population is now officially being urged to stay home.

Now, staying at home doesn't mean everything is shutting down. Essential services such as groceries, pharmacies, gas stations, food banks, convenience stores and delivery restaurants have remained open in many states, as have banks, law enforcement agencies and some local government offices.

If you do need to be among other people, limit your gatherings to no more than 10 people and remember to keep 6 feet between yourself and others.

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The truth about treatments

Researchers and doctors are searching for effective treatments for this coronavirus, but the work has just begun. Know that there is no treatment for Covid-19 that has proven to be safe and effective.

[Chloroquine and the closely related drug hydroxychloroquine](#) have been around for decades. Chloroquine is used to treat malaria and

hydroxychloroquine is used to treat autoimmune conditions such as lupus. The drugs, generally considered to be safe for most patients, can have side effects including seizures, nausea, vomiting, deafness, vision changes and low blood pressure.

There is limited evidence, partly from studies on human cells, that they could have antiviral effects -- one hypothesis being that they could make it harder for the novel coronavirus to bind to human cells.

Remdesivir is another experimental drug being trialed. The antiviral has been used for other coronaviruses, SARS and MERS, as well as Ebola.

Doctors in China, France, the United States and other countries are using the drugs experimentally in Covid-19 patients, but there is not yet sufficient clinical evidence that it's effective in humans. That's why trials are needed. They take time and we do not have the answers yet.

"Using untested drugs without the right evidence could raise false hope and even do more harm than good and cause a shortage of essential drugs that are needed to treat other diseases," WHO Director-General Tedros Adhanom Ghebreyesus said Monday.

Why you might not get tested – and may not need it

We know a lot of people want to get a test for coronavirus right now. Perhaps you have a cough or a fever. Maybe you've been to a virus hotspot, or even around someone who has tested positive for the coronavirus. But because of the limited number of tests, only certain people in certain circumstances are getting tests.

Doctors are working to prioritize the people who need the tests the most. This week, New York City and Los Angeles County laid out guidelines for testing, recommending that doctors avoid testing patients except in cases where a test result would significantly change the course of treatment. In many places, if you are generally healthy and under age 70, doctors say you should not get a test right now.

One of the reasons for limiting testing? Simply to conserve the limited number of tests and the gowns and masks utilized to perform them.

[Who is more likely to get a test right now?](#) Those who have symptoms of coronavirus so severe they need to be hospitalized, or people who have symptoms and have been in close contact “for a prolonged period of time” with someone who tested positive.

While you might want to know if you have the virus, your course of action should remain the same, even if you haven't received a test: Stay home; rest; get plenty of fluids; stay away from other people; and get medical attention if you develop shortness of breath.



Young people are getting sick, too

You probably heard early on in the pandemic that elderly people were most at risk of becoming seriously ill from the coronavirus. But as cases are increasing in the United States, it's becoming clear there are risks for younger adults, too. And that's a message repeated over and over by officials who have been

frustrated to see people still gathering on beaches and hanging out in large groups, maybe because they feel immune to the disease.

That's far from the truth.

A recent report saw that a smaller, but still significant, number of young people were becoming seriously ill from the virus. Twenty percent of those hospitalized with the virus in the United States were between 20 and 44 years old, the CDC reported last week. Officials in France noted had similar concerns -- the country's general director of health said at one point more than 50% of infected people in intensive care were less than 60 years old.

Young Americans need to know they are at risk, too. And even if they don't become seriously ill, they can still spread the virus to others.

[Valerie Wilson, 34, and Fiona Lowenstein, 26,](#) both thought they were too young to worry and now want to sound the alarm to other young adults.

As doctors and federal officials have said, young adults will play a critical role in slowing, or accelerating, the coronavirus pandemic -- it depends on what they do next.

But wait, there's more!

- The science of why soap, sanitizer and warm water work [against viruses](#)
 - Yale's massively popular 'happiness' course is available [free online](#)
 - Motivation: How to get it, keep it and use it, [even during a pandemic](#)
 - A guide to cooking from home for the [first time](#)
 - The [introvert](#) and [extrovert](#) guides to social distancing
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From the desk of Dr. Gupta

As we are all being asked to do our part and stay at home to “flatten the curve,” it would not be surprising to find yourself feeling a little bit isolated. But

there's so much we can do right now to combat loneliness, including [just saying hello](#).

Calling friends and family to check in can help ease feelings of isolation. And there are more apps and tools than ever to see the faces of those you love and miss. We've seen virtual happy hours popping up, and a quarantine party reaching 100,000 people on Instagram for people to dance and unwind for a bit.

We've seen acts of kindness and joy -- a reminder that we can all do our part to brighten someone's day. Families drew on their sidewalks during their shelter in place to create a community art museum on the sidewalks of their California neighborhood. That brought instant joy as families took their regular walks for exercise.

You cannot help but smile when you see the video of Taran Tien, 9, and his sister, Calliope, 6, sitting on 78-year-old Helena Schlam's porch -- in a suit and a dress -- and playing a classical concert on their cellos in Columbus, Ohio.

"It was one of those moments where you feel like you're a part of something incredible," said Rebecca Tien, the children's mother.

And then there are those working to pitch in and help their communities, the helpers rising up to ensure people can eat or make ends meet during this challenging time, or the Oregon distillery making and giving away hand

sanitizer, or the designers and communities sewing masks to help protect the heroes working hospitals and clinics. These may feel like dark times, but I'm constantly reminded that there is so much brightness shining from our common humanity.

Please stay with us through this difficult time. We want to make sure you are up to speed on everything you need to know. If you still have more questions, subscribe to our new podcast, "[Coronavirus: Fact vs. Fiction.](#)"

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