

## **We can prevent the spread COVID-19, but the unintended consequences of the cure may be worse than the disease. By A. Lyle Elias**

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I pray that everyone is holding up well under lockdown. Please view this YouTube video and pass it along (<https://youtu.be/WxyH1rkuLaw>) it is a Q&A from an ICU COVID-19 Specialist from a New York Hospital which has 1,200 beds that are now exclusively processing COVID-19 patients. It is very informative. Follow the basic rules for assuring that you and your families do not get infected.

1. Do not touch your face (A good trick is to wear a surgical mask when in public, it will not help for inhaling the virus, but it will keep you from touching your face! 😊)
2. Sanitize your hands after touching public surfaces
3. Do not touch others outside of your home
4. Avoid human interactions in close quarters

If you have fever call doctor but stay home, if you have difficulty breathing check into a hospital. Only 10% who get infected need hospitalization and only 1% to 3% need ventilators and most will be off the ventilators within 5 to 7 days. Only patients who develop complications will die. Mortality rates are now estimated to about the same as the seasonal flu and most young people in good health are not at risk. If people follow these rules, we can safely get businesses open again soon. Spread the word, it's not the end of the world, we just need to weather the storm.

Sadly on a more ominous note ([CNN Report](#)) many people around the world will not weather the storm without suffering catastrophic consequences. Social distancing and shelter-in-place orders have little effect in the world's slums and the heavily populated urban areas of the developing world. Furthermore, there is an unprecedented massive reverse migration of guest workers taking place as more countries shutter businesses and close public spaces. Unfortunately, the damage from the COVID-19 pandemic will go far beyond the virus itself due to mass unemployment and inadequate public health services resulting inevitably in starvation and social unrest. The economic and social consequences of the cure may turn out to be far worse than the disease.

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