

GLENVILLE MEDICAL Concierge Care

COVID-19 Update 7.23.20

To our Glenville Medical community:

Things have certainly quieted down in this area concerning COVID-19 cases, but we are starting to see an increase in local cases, especially in our 20- to 30-year-olds. Even though the disease fatality rate is lower in younger patients, there are still many unknowns concerning long-term ramifications. In our patients and in the literature, we have seen long-term pulmonary, neurologic and cardiac issues in ALL age groups. Please read our latest recommendations for staying safe and well.

Avoid large gatherings

We have found that parties and travelling with friends are the common links. At a party, it is very difficult to not stand near friends or share phone screens. Additionally, our masks are off while eating and drinking. **These circumstances make it easy for just one case to infect the entire party.** Certainly a large group staying in the same house is not a great idea. We know how difficult this period of isolation has been and understand the need to get out and socialize, but we emphasize the need to avoid these gatherings. If this cannot be avoided, then you will need to self-isolate and avoid others for 14 days following such an event.

Testing

We have been receiving numerous questions about testing. We are still not comfortable with rapid antigen tests. The rates of false positives and false negatives are too high to properly react. For that reason, we still favor the nasal or nasopharyngeal PCR swabs (the tests we currently send) which may take a few days for results. Please keep in mind that a test for the COVID-19 virus is just a **snapshot**. It tells you whether you are positive or negative **THAT** day. The incubation period of this virus is 14 days - that means you have up to 14 days to develop symptoms OR test positive for the virus after an exposure. So if you have been traveling or have had a known exposure, it is still important to quarantine for 14 days. If you are going to visit family and want to be tested, again, remember that the test tells us your status only at **THAT MOMENT**. We urge everyone that has been traveling to self-isolate for 14 days upon returning to protect the rest of the population.

Greenwich Hospital has a total of 6 COVID-19 cases, down from a total of almost 150 patients at the peak. We have all worked very hard to get these numbers down and allow hospitals to open up and care for patients with non-COVID diseases. Let's work together to keep it that way!

Antibodies

Thank you all for participating in the antibody testing in May. We are continuing to check antibody status on an as-needed basis. The prevalence of positive antibodies among our patients was approximately 10 to 15%, suggesting either prior disease or exposure to disease. We are learning that these antibodies may not last a long time and we still do not know how protective they may be, so we ask all patients who tested positive to continue to be cautious.

Living safely

As the world opens up, we encourage everyone to continue to wear a mask in public or around others, avoid small indoor spaces, maintain physical distancing, wash your hands, and keep your hands away from your face. A vaccine may be on the horizon, but we need to learn to live safely with this virus now.

As you know, we are always available for any questions.

Stay safe!

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