



In This Issue

- Flu Shots & COVID-19 Booster Shots Available Now
- The Long COVID Syndrome
- Is it the Flu or COVID-19?
- Insomnia: Tips to Get Your ZZZZs
- Nutritional Supplements: Are they Safe?

Flu Shots & COVID-19 Booster Shots Available Now



Our office has an ample supply of the flu vaccine. The CDC recommends that most people over age 6 months receive the annual flu vaccination (unless you are allergic to the vaccine or have Guillain-Barré Syndrome). Please contact our office at (415) 923-3560 to schedule an appointment to get your shot.

Our office does not have the COVID-19 vaccine. However, if you need help finding a location to receive initial doses of the COVID-19 vaccine or a booster shot, please contact our office or visit vaccinefinder.org.

The Long COVID Syndrome



One thing we are learning about COVID-19 is that it affects everyone very differently. Some display no symptoms at all while others require lengthy hospitalization. Some have symptoms that last only a few days or weeks while others **experience symptoms for 3 months or longer**. For those unfortunate enough to have Long COVID Syndrome, ongoing symptoms (ranging from mild to serious) may include:

- Extreme fatigue
- Trouble breathing
- Chest discomfort
- Cough
- Loss of smell or taste
- Headache
- Insomnia
- Joint or muscle pain
- Trouble thinking clearly
- Depression or anxiety

Because everyone reacts so differently to the virus, treatment will vary greatly. If you have been experiencing any of the above symptoms for longer than 3 weeks – especially if you have been diagnosed with COVID-19 – please contact our office so we can assess your condition. We may recommend medications, cardiac rehabilitation, pulmonary rehabilitation, physical therapy or strategies for controlling depression, anxiety or mental focus. The goal with treatments will be to help you feel more comfortable physically and mentally as you ride out the Long COVID Syndrome.

Remember: **The best way to avoid getting these persistent symptoms is by not getting COVID-19.** We encourage all of our patients to continue wearing masks in public, social distance, practice good hand washing hygiene and get the COVID-19 vaccine and booster shot when eligible.

Is it the Flu or COVID-19?

	 FLU	VS  COVID-19
Fever or chills	X	X
Cough	X	X
Sore throat	X	X
Shortness of breath/ difficulty breathing		X
Loss of taste/smell		X
Runny/stuffy nose	X	X
Muscle/body aches	X	X
Headache	X	X
Fatigue	X	X
Vomiting	X	X
Nausea		X
Diarrhea	X	X

Not everyone will experience all of these symptoms.

These days, the moment you tell someone you don't feel well, they may automatically ask if you have COVID. It's impossible to tell by your symptoms alone. These are both contagious respiratory illnesses that carry many of the same symptoms, so it's necessary to have tests done to identify the source of your discomfort.

There are **online testing kits** available from Pixel by Labcorp to help identify if you have the flu or COVID-19.

[Click to Order an Online Testing Kit](#)

When Will You Experience Symptoms?

- **Flu:** 1-4 days after infection
- **COVID-19:** 5-14 days after infection

How Long Will You Be Contagious?

- **Flu:** 1 day before you show symptoms and 3-7 days after
- **COVID-19:** 2 days before you show symptoms and at least 10 days after

If you are experiencing any of the symptoms listed in the chart above, please contact our office to schedule an appointment.

Insomnia: Tips to Get Your ZZZZs



If you have trouble falling asleep or you feel tired when you wake up, you may have insomnia. This condition can also make you feel irritable, lethargic, forgetful and even depressed throughout your days. **If you have experienced sleep problems for longer than 3 months, it might be time to seek professional help.** Our office can offer suggestions on ways to improve your sleep. Some **cognitive behavioral** tips include:

- Avoid smoking and drinking alcohol and caffeine in the evening.
- Set a regular sleep schedule and stick to it every day (even on the weekends).
- Turn off your phone, computer, eBook and television before bedtime. Blue light exposure can disrupt your sleep/wake cycle (circadian rhythm).

If you are having trouble sleeping, contact our office to schedule an appointment. We may recommend sleep tests, medications or lifestyle changes to help you get your ZZZZs.

Nutritional Supplements: Are they Safe?

Over 90,000 different supplements are sold in the United States. What products are in your home right now?

Fact: Dietary supplements are sold **without FDA approval**. They have not undergone any type of testing so any claims that they are safer – or more effective – than prescription drugs, because they are natural, has not been scientifically proven.

Still, we as consumers are often drawn into the promises that are advertised by these products. In fact, **Americans spend about \$30 billion a year** on over-the-counter vitamins, minerals, herbs and more.

If you believe in nutritional supplements, make sure you do your research on the ingredients in each product. Don't assume these natural ingredients won't have potentially dangerous side effects. Make sure you fully trust the manufacturer and the products you are ingesting on a regular basis.