

Marilyn Kutzscher MD

Modern Medicine, Traditional Care

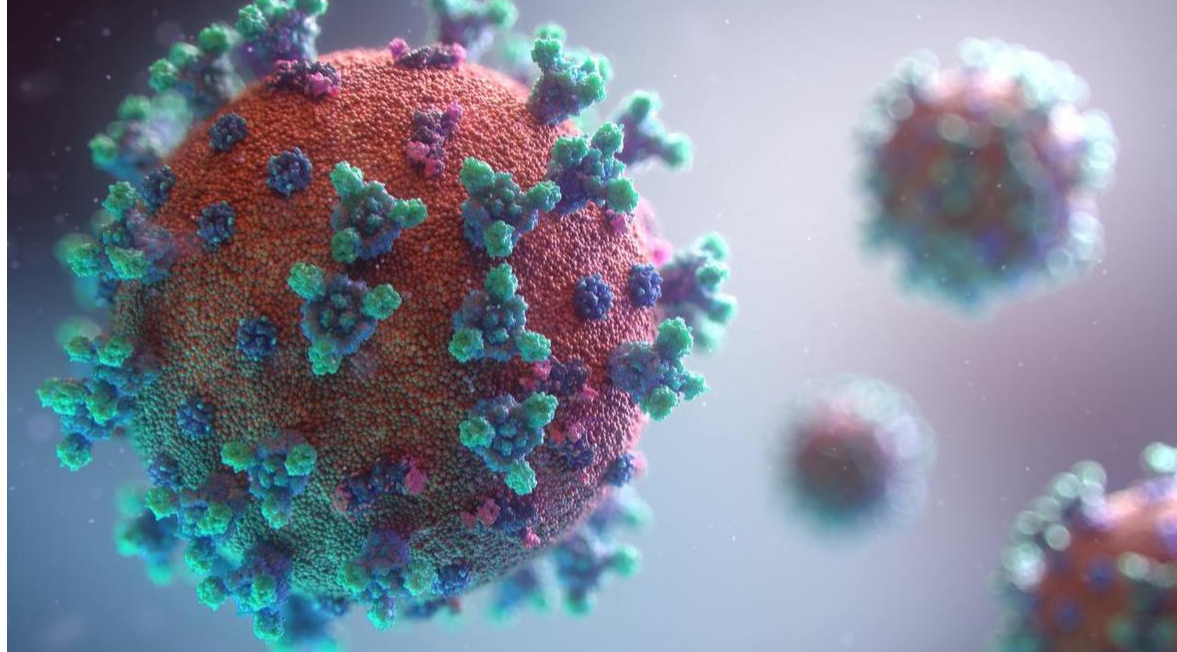
Q1 2022 Newsletter



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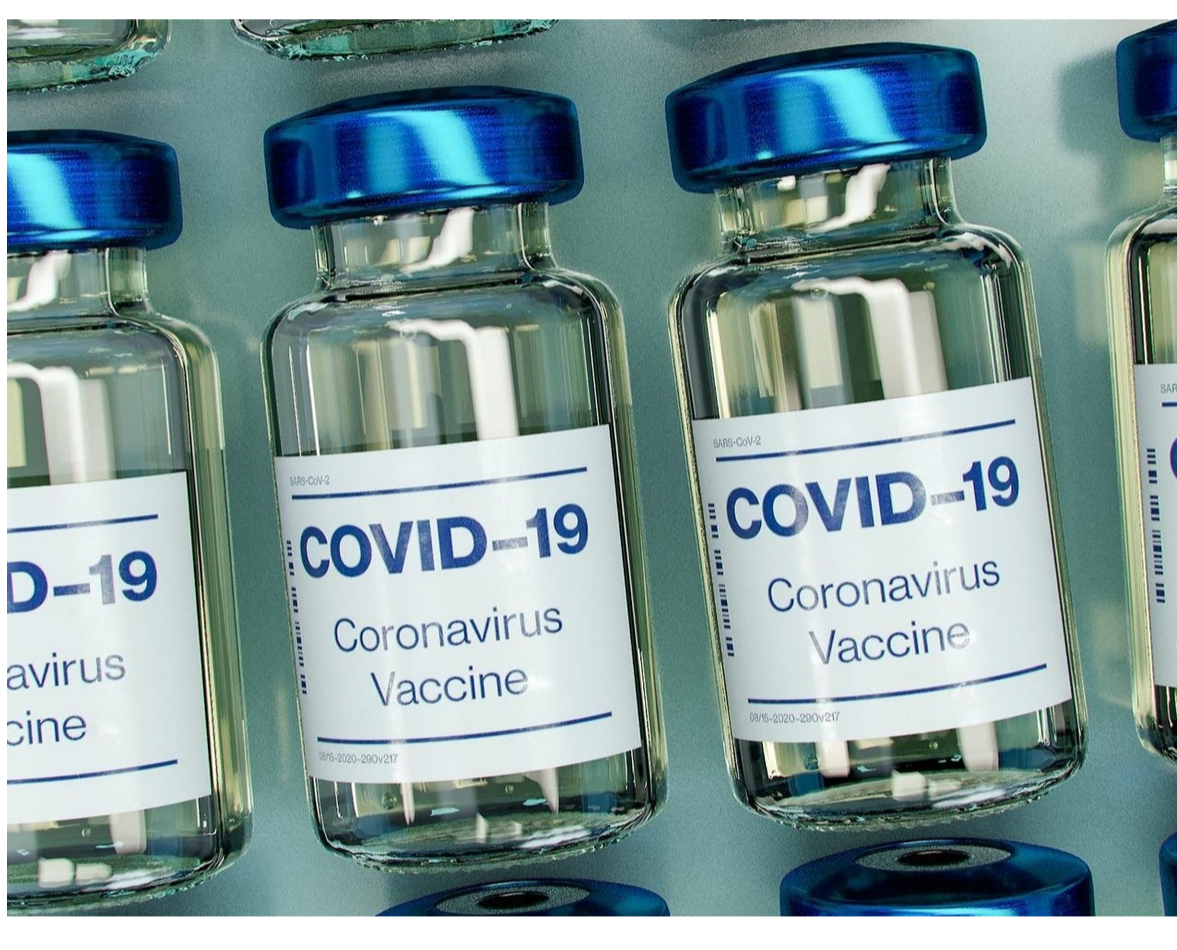
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Omicron Update



The new variant of Omicron has not surpassed the Omicron version that has affected so many people recently. The variant Omicron is still in small numbers. The numbers for new infections have plummeted recently, which is good news. Deaths and hospitalizations have not yet plummeted but they have significantly dropped. We expect that trend to continue in the coming months.

COVID-19 Vaccine: Do You Need a 4th Dose?



At this time, the CDC and FDA are only recommending a 4th dose of the COVID-19 vaccine for immunocompromised patients. Reviews of studies conducted in Israel on the 4th vaccine have not shown a positive preventative effect against the Omicron variant. As a result, the CDC has not yet recommended a 4th dose for adults over age 65. We expect to get more data in the near future on modified boosters and we will keep you informed. Click the link below to read more about the Israeli study.

[Click to Read the Article](#)

California COVID-19 Guidelines



Many of our patients have questions regarding COVID-19:

- How quickly is COVID-19 transmitted?
- What do you do if someone in your home or another close contact has contracted the virus?
- How long do you have to quarantine?
- How does isolation differ from quarantine?

The California Department of Public Health has prepared a guideline that can help answer many of these questions. Please click the link below to access this information.

[Click to Read the Article](#)

Flu Season Update

Good news! The Omicron variant has changed the course of influenza this season and dropped the rates down to insignificant levels. Now many of the residual cases are influenza B, and the risk of a “twindemic” anytime soon is low. However, be prepared for the possibility that influenza could reappear out of season, after Omicron subsides.

6 Tips to Avoid Allergic Rhinitis this Spring

Allergic rhinitis, also known as hay fever, can make life miserable during the spring. Sneezing, coughing, runny nose, scratchy throat, watery eyes and even fatigue are just some of the symptoms many of us endure this time of year. If you are prone to seasonal allergies, here are some tips to make life a little more comfortable.

The first and best option is to avoid contact with allergens. Other prevention tips include:

1. **Pay attention to your hands.** Don't touch or rub your eyes or nose and wash your hands often with soap and water.
2. **Clean smart.** Use a vacuum with a certified asthma & allergy friendly® filter and wash your bed linens and pillowcases often in hot water and detergent to reduce allergens.
3. **Sleep smart.** Use dust-mite proof covers for pillows, comforters, duvets, mattresses and box springs. Keep pets out of the bedroom to reduce pet dander allergen in your bedding.
4. **Protect yourself outdoors.** Wear sunglasses and a wide-brimmed hat to reduce pollen exposure.
5. **Close the windows.** Pollen and mold can enter your home through open windows in your home or car. Use the air conditioner with a certified asthma & allergy friendly® filter.
6. **Use medications.** Over-the-counter antihistamines, Flonase and nasal saline irrigation systems can provide relief.

Please schedule an appointment if you feel you have a secondary infection or if you suffer from asthma. Stay well!

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