

A Guide to Infection Risk & Prevention:

Safe & Sound During COVID-19

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Staying Well During COVID-19

As it has been stated, we are in “unprecedented” times. We are required to exist in unnatural ways (“lockdown” and social distancing). Yet, not only will we likely **(99.97% chance)** survive COVID-19 and the home-bound restrictions; but through our shared connection and bond with our fellow humans, we can find ourselves with a better life after than before COVID-19.

Safe & Sound Article Purpose

My goal in sharing this information with you is to ease your stress; help you make better decisions around your health; and to empower you to act and think in ways that create vibrant health and vitality in these challenging times.

Four Steps to Ease Your Stress:

- 01 Breathe.** The COVID-19 doomsday warnings remain highly unlikely, and NOT even close to the initial estimates that approached the fatalities similar to the deadly Spanish Flu epidemic of 1918 or the Bubonic Plague! (Headlines first warned of millions of deaths from COVID-19; then it dropped to 100s of thousands; and now it is down to about [80,000](#)).
- 02 Be Smart.** Follow any mandates to reduce exposure to potentially pathogenic viruses (e.g., COVID-19), as well as some strategic measures within your home.
- 03 Boost Your Immunity.** Pro-active steps to boost your natural immunity (infection protection) and health in general are always smart, and no better time to prioritize and act on them than now.
- 04 Flourish.** Although unexpected and potentially harmful, COVID-19 offers a unique opportunity for a better life as we slow down; feel grateful; reconnect with ourselves and our families; revisit our priorities; & reflect on the changes that will bring us more peace, love, and vibrant health.

Putting the Severity of COVID-19 Back into Perspective

To Be Clear:

- Each life is precious, and each death tragic.
- I am very grateful for all who are putting themselves at risk during this challenging time; and especially the first responders and healthcare workers caring for those who are ill.
- Taking “infection protection” action always makes sense, and even more so, now.

With that in mind, given the sensationalistic and panic-inducing headlines in the news, coupled with the extreme “lockdown” measures mandated to help contain the spread of COVID-19, you might think that we are in the midst of an apocalyptic pandemic rivaling that of the epidemic of 1918 that infected about **500 million** and took over **50 million** lives globally.

- Yet, in comparison, about **1.8 million** have been infected and about **114,000 deaths** worldwide have been attributed to COVID-19 thus far (*as of April 13, 2020*).

COVID-19 fatalities in the U.S. amount to about **22,000 deaths** since first detected in January (*through April 13, 2020*).

- The estimated number of deaths from *this year's flu* over same 2 ½ month period is about **20,000**. (This is not to suggest that COVID-19 is necessarily just another viral illness like the flu. One should assume that it is more severe and take precautions accordingly).

To further put COVID-19 severity in context, when it is all “over,” the estimated total number of COVID-19 fatalities in the U.S. may be 1-2x that of an average seasonal flu (**43,000**).

- If the U.S. fatalities from COVID-19 reach the current projection of about 80,000, it is still about 5% of the fatalities that occurred in a similar 6-month period in the U.S. – half of which resulted from cancer & cardiovascular disease.

Take Away:

Deaths from COVID-19 are real and tragic; yet lets maintain perspective by recalling that other viral illnesses (like the seasonal flu) are also taking many precious lives; and 10x more deaths from heart disease and cancer are occurring every day (compared to COVID-19 fatalities)... and this “mortality rate” will inevitably continue long after COVID-19 has “disappeared” from our radar.

Why all the COVID-19 Pandemic Pandemonium?

The Heightened Level of Anxiety Around COVID-19 Likely Results From:

Fear of the unknown. First of all, viruses are “invisible,” making them appear as “stealthy killers”! To add insult to injury, it is currently unknown how severe COVID-19 actually is or will become. Worst-case scenarios are often projected via the media even though current projections do not predict catastrophic numbers of fatalities.

- The Infection Fatality Rate (IFR) reveals the severity of a virus, and basically tells us the likelihood of one dying from the infection – the lower the IFR, the less likely one will die from a particular infection if they become infected.
- The IFR for COVID-19 can only be estimated until after the infection is “over,” though the more reasonable estimates appear to be 0.3% - 1.0%. In comparison, seasonal flu's IFR is 0.1%; SARS-CoV-1 (2003) IFR was 9%; MERS (36%); and Ebola (50%).

Exaggerated, emotionally-driven news headlines. The media forecasts extreme COVID-19 death “tolls” and individual accounts of personal suffering and struggle – yet, with little attention given to the other 95% of deaths and stories of horrific suffering, half of which are from heart attacks, strokes, and cancer.

To be sure... the extreme “lockdown” **mandates are not in place because of COVID-19 severity**, as that cannot be accurately assessed for several months to come; but **rather as a precautionary measure to reduce the risk of infection** (spreading), with the goal of reducing the number of COVID-19 fatalities.

Bottom-line:

The “odds are forever in your favor” that not only will you survive COVID-19 (overall about **99.97% chance!**), but potentially thrive by the time COVID-19 is but a memory. (More about “how” coming in future articles).

Meanwhile, Be Safe & Sound by:

Reducing viral exposure, particularly:

- Following all mandates to reduce exposure (“lockdown,” social distancing, shelter-in-place)
- Washing your hands with soap for at least 20 seconds, especially after returning home and BEFORE touching anything else, as possible. This reduces your need to “disinfect” every surface in your household. (Home disinfectant = 2/3 c of isopropyl alcohol + 1/3 cup aloe vera gel; add 5-10 drops of favorite essential oil for scent-sake!)
- Removing your shoes (and even clothes if highly susceptible) and using “in-house” shoes and clothes before entering your home
- Wearing a face mask that covers your nose & mouth when in proximity of others – especially if you feel you are particularly susceptible or fearful of infection (and when around others who are susceptible or fearful)

Staying home if you begin to feel ill with fever, cough, fatigue, abdominal discomfort or diarrhea, and especially:

- If you develop **shortness of breath** or **difficulty breathing** (which significantly increases chances you may be infected by COVID-19); seek medical care (call your doctor)
- Rest, drink water (with lemon), get some sunshine and fresh air periodically, eat lightly

Living a healthful, immune supportive lifestyle:

- Obtain restorative rest; go to bed earlier (electronics off ½ hour before bed)
- Eat more “plants” (green leafies, cruciferous, colorful vegetables); nuts (almonds, macadamia, walnuts); fish
- Consume less processed foods (chips, fried food, packaged meals); red meat

Utilizing specific supplementation to boost natural immunity, and minimally:

- **VITAMIN-C**, **VITAMIN-D**, and **ZINC** – all irrefutably demonstrating immune-boosting, anti-viral properties (Please note that all “immune-boosting” supplement recommendations do not suggest that they have been specifically tested against COVID-19).

Dr. Powers IMMUNE SUPPORT

To **safely & effectively reduce your infection risk + charge up your immunity + facilitate your recovery** (if ill), Dr. Powers created & recommends [immune-specific guidelines and immune-boosting supplements](#).

To access this **free resource** [CLICK HERE](#).

Upcoming Topics:

- **Infection Protection:** How to improve your everyday immune resilience
- **Infection Susceptibility:** Underlying causes that make you prone to infection
- **The COVID-19 Silver Lining:** How to not only survive but thrive during the COVID-19 lockdown
- **Life Post-COVID-19 Lockdown:** Transitioning from “lockdown” to “let out” to stay safe and be well