

**SARS COVID-19: A Good Overview to Start with
Transcribed March 23, 2020 by**

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Ninja Nerd Lectures

Two very good lectures totalling about 1.5 hours covering Epidemiology, Pathophysiology, Diagnostics, Treatment, Prevention.

Ninja Nerd Video #1 A very good overview of Corona Virus: Epidemiology, Pathophysiology, Diagnostics Up to date as of March 15, 2020. And then **Ninja Nerd** Video #2 Treatment.

Zoonotic Effects and the R_0 (Reproductive Ratio [Pronounced: R naught]). In other words, how many people can one person infect?

Ninja Nerd Video #1 <https://www.youtube.com/watch?v=PWzbArPgo-o> About 51 minutes.

First 11 minutes. They also discuss the Series Interval too, of COVID-19 vs. Influenza. The Faecal-oral route of spread-a-ability starts at about the 14.5 minute mark in the video. Airborne spread 3- 6 ft. Hard surfaces for 24 hours, airborne after a sneeze for 3 hours in the vicinity. Fever is equal to or over 104 F (40C) but 38 C (101 F) is what we call a fever here in Canada.

Treatment Options

Overview of Corona Virus: Treatment, Prognosis, Precautions

Ninja Nerd Video #2 https://www.youtube.com/watch?v=rdoN_XsHWBI 36 minutes

Positive End-Expiratory Pressure (PEEP) above 5 cm H₂O.

Although I understand the language in these videos, if you have any questions then just email me or text me. If you phone then you will likely have to leave a message.

Here is a topic of interest. Paul E. Turner (Yale) 1: Introduction to Virus Ecology and Evolution <https://www.youtube.com/watch?v=WIEqm4TrHPA> 33 minutes. At the 30 minute mark he says 8% of human DNA is viral derived which brings up an interesting scenario. Maybe viruses were the first living things, in almost animal form, that may likely have given rise to various single celled germs. So, might it be that viruses formed first and were all attacking each other? Those that survived were the ones that combined-mutated with other viruses to form larger structures for defence and eventually became cells, which in turn eventually joined up in more complex structures for survival. Thus, the viruses are just doing what they had always done all along.