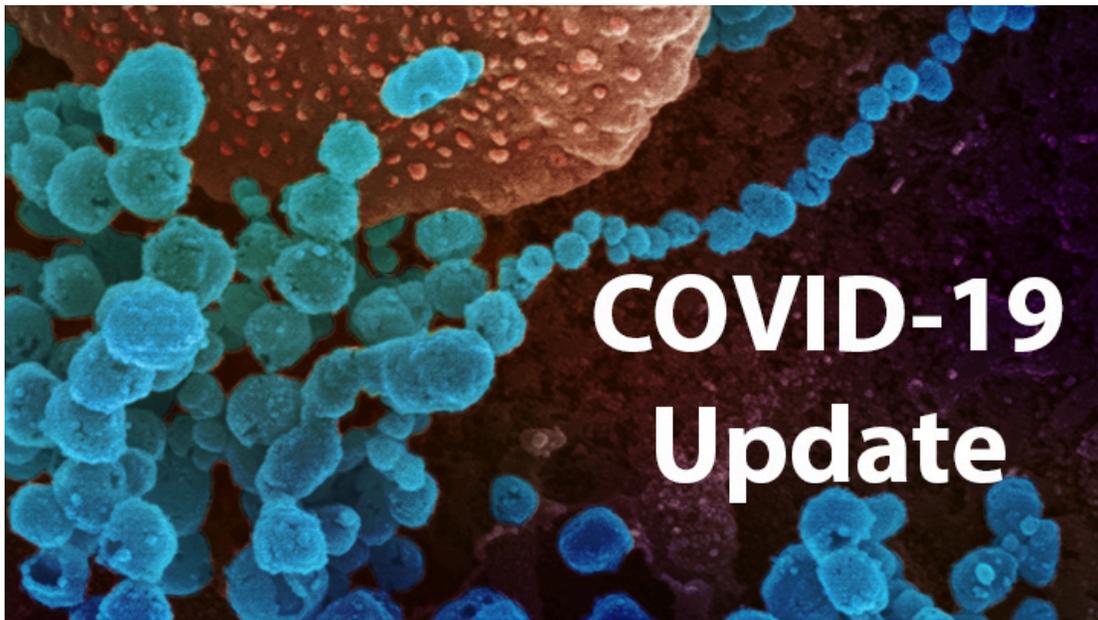


**How to fight isolation, boredom and stress
in the time of COVID-19**

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Mental Health Stressors

- Loss of financial income compared to pre-lockdown levels
- Not having access to basic supplies
- Isolation
- Home schooling, virtual classes

Factors that Improve Outcomes

- Having social support,
- higher education levels, and
- being able to respond and adapt flexibly to the situation.

Prophylaxis

1. Zinc (25mg to 50mg per day)
2. Quercetin (250mg to 500mg per day)
3. Bromhexine (24mg to 36mg per day)*
4. Vitamin D (2000 IU per day)
5. Vitamin C (1000mg per day)

Early Treatment

1. Zinc (75mg to 150mg per day)
2. Quercetin (500mg to 1000mg per day)
3. Vitamins D (5000 u/d) and C (1000mg/d)
4. Bromhexine (50mg to 100mg per day)*
5. Aspirin (162mg to 325mg per day)*

Prescription Only

1. Ivermectin (12mg per day for 2 days)*
2. High-dose vitamin D (up to 100,000 IU)
3. Hydroxychloroquine (400mg per day)*
4. Azithromycin (up to 500mg per day)
5. Prednisone (60-80 mg/day).

24 Ways to Relieve Stress and Anxiety

1. Spend time with friends and family
2. Exercise regularly, walking is recommended
3. Do yoga
4. Meditate
5. Consider supplements (green tea, Omega-3 fatty acids, probiotics)
6. Reduce caffeine, alcohol and cannabis
7. Keep a diary
8. Laugh

9. Take control over the parts of your life that you can change and are causing you stress.
10. Indulge your hobbies (gardening, chess, knitting)
11. Cuddling, kissing, hugging and sex can all help relieve stress
12. Listen to classical music (Baroque composers)
13. Take a pet for a walk
14. Organize, adopt a time management strategy, write a to-do list
15. Eat a balanced diet
16. Cooking and baking. Experiment with new recipes from other countries like Italy, Scandinavia, India, Japan, etc.
17. Soak in a warm bath (sea salts, calming music)
18. Get a massage
19. Start a blog
20. Take a course on the net (History, Philosophy, a new language)
21. Aromatherapy, the use of extracts from plants called essential oils May be either breathed in through the nose or spread over the skin.
(Lemon, chamomile, lavender, cedarwood, and bergamot)
22. Volunteer (Red Cross, hospice, food bank)
23. Surf the net (Museums, art galleries, theaters, operas, concerts)
24. See a Counselor or Therapist (psychologist, psychiatrist, social worker)

For Pregnant Mothers

1. Speak to your baby, also the father should speak
2. Dance with your baby
3. Play with your baby
4. Visualize your baby
5. Play classical music.
6. You may want to explain to the baby what is happening in your life

Pregnant women who get COVID-19 are at a higher risk of more severe infection, although the rates are low.

Since the vaccine has not been formally studied in pregnant or breastfeeding women (data is being collected), no one can say for sure, but everyone agrees there is little/no plausible evidence it would harm a pregnant mother, fetus or newborn. Even the coronavirus SARS CoV 2 virus does not seem to cross the placenta, and the vaccine is not a live virus.

Shared decision making is recommended.

Check out local medical society on their website.

ACOG has recommended that pregnant mothers not be denied the vaccine if they would otherwise be eligible. Many pregnant healthcare providers have chosen to get it.

“If I were pregnant, I would“ said

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