



Information Update COVID-19



At the request of membership, the International Chiropractors Association (ICA) is providing some key facts and thoughts on the Coronavirus-19 (COVID-19) Global Pandemic. The term pandemic simply means the spread of an infectious disease across a large geographic region. The United States Government has created a central web portal for information <http://coronavirus.gov>. The latest announcement is a screening tool online.

Beware of the Fear Factor: Scientific evidence validates that fear, and the stress that develops as a result, sets the body's fight or flight response. Stress has a detrimental effect on the body's immune defenses. Our 24x7 media infused world and the constant focus on COVID-19 is creating a lot of unnecessary fear. In short, living in fear and being stressed out by that fear increases the odds of becoming ill!

The COVID-19 Risks: In some this virus presents itself with symptoms similar to the flu -fever, body aches, cough, chills. In many people, there are no symptoms and no illness. Eighty percent who acquire the virus fully recover quickly. Those at risk for serious illness are typically those over 60 years with chronic conditions such as diabetes, high blood pressure, cardiovascular and lung diseases. Of those who become seriously ill, there is a 1% mortality rate. That number may seem scary, but just in the way that flu deaths are counted, most of these deaths are in individuals who were already seriously ill, and the virus is the 'straw that broke the camel's back.'

There are No Cures for COVID-19: As of mid-March 2020, there are no recognized cures in conventional medicine or alternative health approaches for COVID-19. There are no vaccines, no drugs, no natural remedies, no alternative therapies that have been tested and the outcomes peer reviewed to meet any evidence-based standard. It is important that ICA Members do not advertise in any form the suggestion that chiropractic can cure, treat, prevent, or mitigate COVID-19 because the evidence to substantiate such a claim does not exist. The evidence does not exist because the research on COVID-19 and chiropractic has not been conducted, just as it has not been conducted on most other treatment options that might be considered as potentially helpful.

ICA's Founder Dr. B.J. Palmer stated, "Medicine is the study of disease and what causes man to die. Chiropractic is the study of health and what causes man to live." In that vein, the ICA is seeking to share information that supports another quote from our Founder, "While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment."

Practical Evidence-based Advice: ICA is sharing evidence-based practical advice to put to use in your office and to share with your patients.

For the Office:

1. Disinfect surfaces like doorknobs, tables, desks, telephones and handrails regularly.
2. Coat racks – avoid hanging coats and sweaters of patients and staff on top of or touching each other.
3. Consider using disposable papers or draping on adjusting tables to be changed between patients and clean tables routinely. Wipe down with disinfectant wipes or solutions the places on equipment that people touch frequently.
4. To reduce carrying any exposure out of the office and home, consider changing clothes and shoes before leaving the office. (Wipe your steering wheel with disinfectant wipe.)

For Everyone:

5. Avoid exposure to the virus. Avoid large crowds – when in public, practice 'social distancing' (i.e. 6 feet apart).
6. If you or a household member is showing symptoms of upper respiratory illness, stay home. Suppressing respiratory symptoms like coughs and runny nose with medicines does not mitigate the contagiousness of the condition.
7. Wash Hands with soap and water for 20 seconds or longer in warm water. If not available, use alcohol-based hand sanitizers.
8. Suspend hand shaking, and physical contact greeting during the pandemic.
9. Increase ventilation by opening windows or adjusting air conditioning.
10. Masking when well is not necessary. Those who have symptoms should consider wearing a facemask to reduce the spread of the virus.
11. Eat healthy – immune system supporting foods.
12. **Stay Calm and Get Adjusted!**