



Health4life

CONCIERGE MEDICINE

COVID19 Message from Dr. Thomas Alfreda

Dear Health4life Family,

Yes, we are cluttering your inbox with yet another COVID 19 email....LOL.....However, I have had a lot of questions come through the office and thought it would be best if I reached out to ease some of your fears and concerns.

As of March 16, 2020, at 2pm, we have had one death in the state of Nevada and approximately 60 positive results.

This is an unprecedented health state we are currently facing. The majority of individuals who test positive should recover fully. In an effort to contain the spread of the virus, I recommend self-isolation for at least the next two weeks. As local, state, and federal health officials keep track of the very fluid situation, we will be here for all of your health needs but are limiting in-person office visits to those who are ill and need evaluation.

One of the most frustrating situations with this virus is the lack of testing kits for the office and local labs. We have yet to receive any testing kits and can only order testing through our lab partners who are also running at a deficit. We have ordered these kits and are simply waiting for the labs to receive supplies to disperse to us and other health professionals. We will keep you posted about this as well.

Frequently Asked Questions:

Who is at risk?

Older individuals and immune compromised patients appear to be at the highest risk but even young and healthy individuals can be vulnerable.

Who should be tested?

If you have come in contact with a known COVID19 infected person and are symptomatic.

We have other testing kits that will test for all other viruses and bacteria and we are recommending our patients complete this test first. (These tests are covered by most insurances.) If nothing comes back positive and they still have symptoms, this will

provide us information that there is a probability that they may COVID19. As soon as the COVID19 kits become available, we will test this population of patients.

What are the symptoms?

- Fever over 100.4
- Cough
- Shortness of breath

These are the most common symptoms as defined by the CDC. However, this is not a complete list but are the most severe of the symptoms to monitor. Common cold and flu symptoms are also very rampant this time of year so this creates even more confusion and concern. Stuffy nose, runny nose, sore throat, etc. I recommend over the counter cold and flu, allergy meds, and pushing hydration for these symptoms. When in doubt, please notify our office and we can guide you on next steps!

What is the treatment?

Unfortunately, only symptomatic treatment exists. There is NO vaccine at the moment.

What medication or supplements can I take to prevent me from getting this?

Zinc and Vitamin C are good to boost immune system. Hydration and proper sleep are best as well.

You may have heard about 'Hydroxychloroquine' and 'Chloroquine Phosphate'. These are very serious malarial medications with very serious, potential, side effects. If you have questions about this, email me directly at info@health4lifenv.com.

What can we ALL do to prevent the spread?

Whether you are sick or not, have symptoms or not, we ALL need to:

- Wash hands with soap and water for 20-30 seconds
- Avoiding sick individuals
- Stay home for the next two weeks
- Limit social gatherings to less than 10
- Clean environment with disinfectant(s)

Will Health4life remain open?

Yes!!

As healthcare professionals, it is our responsibility to care for you, our patients. Even though we are limiting in-person visits, we are still here to help in any way we can. Sometimes, in-person visits will be required and recommended so please continue to contact us when you need anything at all. Both offices will remain open Monday-Friday, 8am-5pm. You can text or call during office hours and we will continue to have someone on call via text after hours.

We are continuously disinfecting our offices. Our team members are taking extreme precautions to keep the office clean and themselves healthy so we can continue to provide the highest quality healthcare to our patients.

Below are helpful links:

<https://www.nvpsychology.org/public/disaster-response/>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

<https://www.southernnevadahealthdistrict.org/news-info/health-care-professionals/cdc-health-advisories/>

<http://dhhs.nv.gov/>

I wish you all the best health. Please hope and pray this resolves quickly. Please call or text the clinic at 702.666.8645 so our team can help in anyway you may need!

Respectfully,

Thomas A. Alfreda, Jr., D.O.

We will post updates to this website page so check when you can:

<https://www.health4lifenv.com/covid19>

Health4life is a Concierge Medical Clinic. We offer Concierge Internal Medicine Services (common conditions to chronic diseases), Hormone Therapy for Men and Women, Pharmaceutical Grade Supplements, Medical Weight Loss Programs, Microneedling, Botox, Fillers, Skin Care Lines, IV Therapy, Professional Athlete Medical Services, Trigger Point Injections, Medical Marijuana Cards, Pain Management, Diagnostic Testing, Food & Environmental Allergy/Sensitivity Testing, Physician Supervised Personal Training and Concierge Telemedicine.

702.666.8645

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