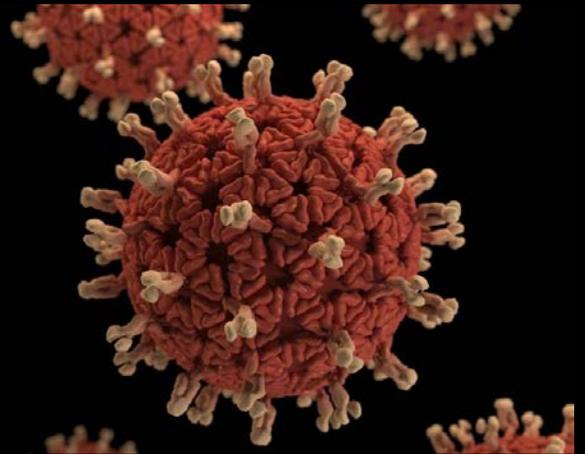




Friday Night (under the) Lights...

Twenty - twenty



Happy Friday...

It's been quite a week in this world, eh? Amazing how much chaos something you can't even see can generate, isn't it?

Geez.

So tonight, I offer a few little tips for a better life while this little protein coated micro-bully tries to make our lives miserable.

Simple stuff. Nothing fancy. Nothing magic. You already know it. You already (usually) do it.

And it works. Really, really well. So. A few ponderings...

- An ounce of prevention is worth a pound of cure. Particularly important today.
- Take an interest in where your patients have been in the past month... Strike up a conversation. Travel is important.
- Remember the days that mom put the back of her hand on your head? She knew exactly how to tell if you were getting sick. Fever is important.
- Keep your distance from sick people. Six feet is important. Viruses can't fly. People have to launch them.
- Dress for the occasion. Masks are in. Gowns are in. Glasses are in. Barriers are important.
- If it's good for the goose, it's good for the gander (I don't really know what that means, but it fits here) ... Sharing is nice. If you get a mask, they get a mask. It's only fair.
- Wash your hands every time you look at them and wonder when you washed them last. Hands are infection delivery tools. Hand hygiene is critically important.
- Finally. *Find a mirror.* Look at the person that chose to help everyone else out when they were sick. And scared. Looks just like you. Someone's waiting for you to make their life better.



- *Epilogue / WTH combo...*

A few months ago, I was traveling between Dallas & Atlanta. A lady two seats back had one of those nasty, wet, deep bubbling coughs. The kind that you can actually feel the sputum in your own lungs and want to help her cough it out. You know exactly what I mean. You want to coach them through an explosive, guttural cough from the toes up.

So, she went to the restroom. I was waiting in the aisle and I made a bit of funny small talk with the Flight Attendant.

"At least we'll all know who to thank in a week when we're SAS (you know what that is)."

"Oh sir." She said. "Everything will be perfectly fine."

"All of our planes have HIPAA Filters".

So. That's really good news [big eye emoji].

So, that's it from our World. Happy Friday.

Even though I joked through my pointers above, it's so important to remember that we have all the tools we need right now to weather this Coronavirus storm.

Those tools work well. And they're already in the box. It's nice to be the calm in everyone else's storm.

"There is never any justification for things being complex when they could be simple."

~ Edward de Bono

Let's do this.

Ed

Ed Racht, MD
edward.racht@gmr.net



31 January 2020