

Julie Enea

From: Geri Engberg
Sent: Thursday, July 16, 2020 3:33 AM
To: Julie Enea
Subject: [BULK] Video with powerful presentation of findings about masking and viral load

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Hi, Julie.

Have you guys seen this presentation of preliminary findings by researchers at UCSF about the connection between viral load and severity of symptoms (link below - appropriate section starts at 24 minutes in)? In it, the researcher describes how they looked at past research and data and found that when people have exposure to a small amount of virus, their symptoms are usually more mild and if they have exposure to a larger dose of the virus - due to length of exposure, lack of masking, etc - their symptoms tend to be more severe.

This research gives another compelling reason for people to take masking seriously. Not only can you potentially reduce the transmission of the virus by wearing a mask but you can help your symptoms to be lighter if you do contract the virus by wearing a mask.

I'm already very committed to mask wearing and social distancing but this informs me even more about the benefits of it and enhances my strategy of when to wear a mask. If someone in my household were to get the virus, for example, I can see how I might protect myself from getting severe symptoms by taking precautions within the house.

Also, I have a question...I see guidelines put in place for certain kinds of businesses to open or close but often they seem sweeping. All gyms must close, all dog parks must close, etc. I know this would require more money and staffing, but might it not be a good idea to have an extensive process in place to review or certify businesses on a case by case basis to determine if they have enough precautions in place to open?

Also, there are many technological aids out there for reducing the spread of the virus such as opt-in tracking apps or the use of UV lights in vents. I know it would take extra money, but could the county have a task force dedicated to studying and staying abreast of these technologies?

Thanks for the work you are doing.

Geri

<https://ucsfhealth.mediasite.com/Mediasite/Play/0ad1ff5b30c44c13ac7258e2470b5b611d?catalog=ee00c956516d461084e8e1bda6b4b81021>