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## Moving Beyond Viral Fear

Micheal Osterholm, Ph.D, MPH is an infectious disease detective traveling the world to research and understand these threats. Dr. Osterholm is director of the Center for Infectious Disease Research and Policy and adjunct professor at the University of Minnesota Medical School. He was the highly respected director of the Minnesota Department of Health for over 15 years previously. He is someone I trust to understand the big picture and the facts.

He has been warning that this pandemic was coming for years and our government has ignored the warnings: <https://www.amazon.com/Deadliest-Enemy-Against-Killer-Germs/dp/0316343692>

His short interview is excellent:

<https://www.youtube.com/watch?v=V1xBiBVH7U4> His Podcast with Joe Rogan: <https://www.youtube.com/watch?v=E3URhJxONSw>

He predicts a “viral winter” of 3-7 months with 480,000 deaths in USA with outbreaks coming in waves. Below is my current understanding with some of his quotes below.

### **Fact 1: Closing down everything will not stop the spread of this virus.**

This may somewhat slow the spread at best to reduce overwhelm of our limited hospital capacity. We are ill prepared to meet the demands of this pandemic.

“Containment of this virus and preventing it from getting into the US was never possible, despite what some government leaders proclaimed.” Micheal Osterholm,

“Stopping the spread of this virus is like trying to stop the wind” Micheal Osterholm,

**Fact 2: It is likely that most of us will be exposed to COVID-19 at some point**

“Assume this virus is everywhere. This is a global pandemic caused by a coronavirus” Micheal Osterholm

Not everyone exposed gets sick, but they can still be a carrier and spread the disease. This makes containment almost impossible.

**Fact 3: This is a serious problem – for those with a weakened immune system**

“Think of this as an influenza pandemic caused by a coronavirus and you're thinking about this in the right way.” Micheal Osterholm My take: This must be taken SERIOUSLY!

SARS (another Coronavirus in 2003) had close to 10% case fatality rate. Middle East Respiratory Syndrome Coronavirus (MERS-CoV) has a case fatality rate of 25% to 35%. The COVID-19 virus has a case fatality rate (**close to 2%**) that is somewhere between seasonal flu in a bad year, which is 0.1%, and the 1918 pandemic, with a case fatality rate of 2.5% to 3%. (Updated estimates as high as 10%) So this is clearly in that range of what would be considered a severe influenza pandemic if this were the influenza virus.” Micheal Osterholm

<https://www.cnn.com/2020/03/10/opinions/osterholm-coronavirus-interview-bergen/index.html>

**Our best strategy is to boost our immune system and reduce our risk of getting sick**