

English COVID-19 Q&A Panel

Arizona Hispanic/Latinx Virtual Town Hall

Sponsored by the Mayo Clinic Center for Health Equity and Community Engagement Research in partnership with Magellan Health; Equality Health; the Arizona Hispanic Chamber of Commerce; University of Arizona, Phoenix; University of Arizona, Tucson; National Hispanic Medical Association; Valle del Sol; and Mary Rabago Productions
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1. Are providers in New York City using the Zpak/Plaquenil/Zinc therapy in patients who test positive for COVID-19?

This is a very good question and one that has caused a significant amount of confusion.

The use of these three medications — especially Plaquenil — has not proven to be very effective therapy in patients with COVID-19, especially when the patients have been admitted to the hospital.

Studies have not shown significant effectiveness.

Approaches being done now that improve outcomes are early testing, tracking of contacts and early treatment of known complications.

Addressing the vascular complications and the bleeding disorders that arise with anticoagulation and the use of remdesivir — a medication that, if used early in the illness, may in some way weaken the virus's ability to cause damage to all the systems in the body — seems to have better results.

The most important thing to remember is that there is still no miracle drug cure or vaccine, and prevention through social distancing, wearing a mask and hand washing is what has helped our city have fewer cases and deaths.

2. How does one find out if they have the coronavirus antibody, and how effective is it as treatment for COVID-19?

Antibodies are tested in blood samples. There is no treatment for COVID-19. Currently, we are using experimental therapies and we do not know their effectiveness.

3. Would it help if we offered testing at a church?

It all depends what is the purpose for testing. Nasal swabs basically detect exposure to SARS-CoV-2 virus RNA. For blood tests, we are still in the process of setting a gold standard test to show immunity to SARS-CoV-2. Furthermore, the costs for either test will need to be considered in each instance. My suggestion is to follow the Centers for Disease Control and Prevention (CDC) guidelines for mitigation and testing.

4. What are we doing in our communities to address the increased trauma from COVID-19?

Within our Hispanic/Latinx communities, there is an increased proportion of people who have experienced adversity earlier in our lives or may be experiencing adversity in recent times. For these individuals, it is more likely that the stress perceived during the COVID-19 pandemic can be traumatic and have negative consequences. We recommend that people remain informed, but obtain information from reliable sources and minimize binging on social media, news channels and other sources of material related to COVID-19 and the threat that it represents to us.