Vitamin C as an antiviral

1. Hemilä H. Vitamin C and Infections. Nutrients. 2017;9(4):339. Published 2017 Mar 29. doi:10.3390/nu9040339.
    - "[Patients with infections'] vitamin C metabolism is altered and they have decreased vitamin C levels".

2. Kim Y, Kim H, Bae S, et al. Vitamin C Is an Essential Factor on the Anti-viral Immune Responses through the Production of Interferon-α/β at the Initial Stage of Influenza A Virus (H3N2) Infection. Immune Netw. 2013;13(2):70-74. doi:10.4110/in.2013.13.2.70.

COVID-19: Selected Publications

1. Wölfel, R., Corman, V.M., Guggemos, W. et al. Virological assessment of hospitalized patients with COVID-2019. Nature (2020).

2. Corey L, Mascola JR, Fauci AS, Collins FS. A strategic approach to COVID-19 vaccine R&D. Science**.** 2020;368(6494):948-950. doi:10.1126/science.abc5312.

3. Martijn J Hoogeveen, Eric CM Van Gorp, Ellen K Hoogeveen. Pollen Explains Flu-Like and COVID-19 Seasonality**.** https://doi.org/10.1101/2020.06.05.20123133.

4. Mengfei Chen, Wenjuan Shen, Nicholas R. Rowan, Heather Kulaga, Alexander Hillel, Murugappan Ramanathan Jr, Andrew P. Lane. Elevated ACE2 expression in the olfactory neuroepithelium: implications for anosmia and upper respiratory SARS-CoV-2 entry and replication. European Respiratory Journal 2020; DOI: 10.1183/13993003.01948-2020.
    - "[T]he highest viral copy number is found in nasal swabs"
    - "In the early stages of SARS-CoV-2 infection, viral RNA can readily detected in upper respiratory specimens but not in blood, urine, or stool"
    - "These findings, taken together with ACE2 protein cellular localisation presented here, suggests that active virus infection and replication occurs in the apical layer of nasal and olfactory mucosa."
    - "[C]onsideration should be given to the delivery of topical anti-viral additives"

5. Lamers MM, Beumer J, van der Vaart J, et al. SARS-CoV-2 productively infects human gut enterocytes. Science. 2020;369(6499):50-54. doi:10.1126/science.abc1669

6. Rafal Bartoszewski, Michal Dabrowski, Bogdan Jakiela, Sadis Matalon, Kevin S. Harrod, Marek Sanak, James F. Collawn. SARS-CoV-2 may regulate cellular responses through depletion of specific host miRNAs. American Journal of Physiology-Lung Cellular and Molecular Physiology, 2020; DOI: 10.1152/ajplung.00252.2020

COVID-19: Droplets and Transmission - What the experts are saying

1. July 9, 2020. WHO - Transmission of SARS-CoV-2: implications for infection prevention precautions.

2. Jayaweera M, Perera H, Gunawardana B, Manatunge J. Transmission of COVID-19 virus by droplets and aerosols: A critical review on the unresolved dichotomy [published online ahead of print, 2020 Jun 13]. Environ Res. 2020;188:109819. doi:10.1016/j.envres.2020.109819.

3. May 15, 2020. Yahoo!Life - Study shows loud talking can generate over 1,000 respiratory droplets — but experts say 6 feet is still sufficient to protect against the coronavirus.
    - "[S]cientists found that the droplets can hover in the air anywhere from eight to 14 minutes after they're released."

4. Dr. Amesh A. Adalja, senior scholar at the Johns Hopkins Center for Health Security.
    - "What we know is that coronavirus is spread through droplets that fall to the ground, usually within 6 feet of the infected person."
    - "people are more likely to contract the virus if they have close personal contact with an infected person."

5. Dr. Jonathan Parsons, pulmonologist at the Ohio State University Wexner Medical Center.
    - "We have known for some time that talking and laughing produces droplets. To talk and laugh, we need to exhale air from our lungs out through our mouths. The same process occurs when we cough and sneeze."
    - "Most people know that coughing and sneezing generates droplets, but fewer may be aware that talking does as well."

6. Dr. Kavita Patel, nonresident fellow at the Brookings Institution.
    - "[P]eople should be wary of coming into close contact with others outside their own household. [A] study found that 87 percent of people in a choir group in Washington state developed COVID-19 from one infected member in the group."

7. Dr. Stanley Weiss, professor in the department of medicine at Rutgers New Jersey Medical School.
    - "We often think that a single particle might be destroyed in some way or our immune system may be able to overcome it."
    - "With COVID-19, we don't know how many are needed to transmit infection."