

Real Ob/Gyn: Episode 4 Moving Toward the New Normal

Hopefully by the time of thirds writing the worst of the pandemic will be over. However, we are all aware that a re-spike could occur. Therefore, the spirit of the precautions has to be kept even as we move forward to reopen society. We will likely never return to the old normal. Any normal in our future will be new and different.

Things from the pandemic that's we might like to keep:

- Hand washing
- Sanitizing
- Contacting our friends who are far away
- Increased frequency of exercise
- Decreased frequency of discretionary driving
- More family time

Things from the pandemic time which we should probably also keep:

- The wearing of masks in public, at least during flu season.
- Social distancing unless it is necessary for relationships or services

Things we have to do better with:

- Vaccinations and vaccine education.
- Nutrition at home
- Prevention and Treatment of Heart Disease and Diabetes, which are major risk factors in those who do poorly with COVID.

Finally, work to watch out for the anti-science sentiment in all its forms.

- COVID denier
- Anti vaxxers
- Conspiracy theorists
- Sellers of snake oil

As always,

Check with your local health department and [CDC.GOV](https://www.cdc.gov) for what you need to know.