

# Expert answers: Can cannabis and CBD affect coronavirus?



By Health Europa -20th March 2020

## **The Biggest Question Getting Asked**

People are asking if cannabis and CBD can help buffer the immune system against getting [COVID-19](#) in the first place, and if you do get it, can CBD and cannabis help treat it? What about the possibility that NSAID anti-inflammatory drugs may have a negative effect on the virus once you are infected and wait a —minute – CBD is an anti-inflammatory too, so what does that mean for CBD?

These are all valid questions and so far, even in terms of the anti-inflammatory drugs and the effect on corona, it is still unclear what the relationship is, if there is one. Many doctors are still recommending sticking to Acetaminophen for the fever for now and avoiding NSAID over the counter drugs until we know more.

On New sites, Facebook news, as well as social media, many CBD and cannabis advocates are claiming that they boosted their immunity successfully against all viruses using the plant, and recommending others do the same.

As both a cannabis specialist and doctor trained in natural medicine and western medicine, it is important to let people know the facts and be totally honest about what we don't know. It's also critical not to make false claims when we are all understandably a bit scared, and of course want to do everything we can to protect ourselves and our loved ones.

The 'miracle cure' claims that some members of the natural wellness community can sometimes make, even when well-intentioned, can have harmful effects on people's behavior and also tarnish the industry as promoting 'snake oils.'

It's safe to say that while CBD Oils definitely strengthen the immune system to fight against your body being attacked; you must do that along with the best ways we can support our immunity; which is avoiding alcohol, staying active while we stay home (dance parties in the living room anyone?) and taking up a simple relaxation or meditation practice to decrease stress hormones.

If you are into supplementing, you could consider adding some adaptogen mushrooms, along with liposomal glutathione (not a direct immune boost but may help support the liver).

Eating a diet rich in micronutrients, zinc, vitamin C, flavonoids like quercetin (in both cannabis and apples) and getting good sleep are all good things to start now if you haven't already.

Melatonin, our sleep hormone made while we sleep can help healthy immune function too. Deep breathing practices and laughter may also have a positive effect on our immune systems too. So, you can feel like you have done something by putting on a funny film and having a good deep belly laugh to get those lungs working while you self-isolate.

Even if you do everything 'right' you may still end up getting coronavirus, but the good news is that most people not in high risk groups will have a mild illness course and recoup at home. Some carriers may not even have any symptoms at all or even know they had it, which is why social distancing is so important, since asymptomatic transmission rates are thought to be quite high with coronavirus.

## **If You Have Animals:**

### Key Points

- Coronaviruses are a large family of viruses. Some cause illness in people, and others cause illness in certain types of animals.
- Coronaviruses that infect animals can sometimes be spread to people, but this is rare.
- We do not know the exact source of the current outbreak of coronavirus disease 2019 (COVID-19). The first infections were linked to a live animal market, but the virus is now spreading from person to person.
- CDC is aware of a very small number of pets outside the United States [reportedexternal icon](#) to be infected with the virus that causes COVID-19 after close contact with people with COVID-19.

- We do not have evidence that companion animals, including pets, can spread COVID-19.
- We do not have evidence to suggest that imported animals or animal products imported pose a risk for spreading the 2019 novel coronavirus in the United States.
- Further studies are needed to understand if and how different animals could be affected by COVID-19.

Coronaviruses are a large family of viruses. Some coronaviruses cause cold-like illnesses in people, while others cause illness in certain types of animals, such as cattle, camels, and bats. Some coronaviruses, such as canine and feline coronaviruses, infect only animals and do not infect humans.

## Risk of animals spreading COVID-19 to people

Some coronaviruses that infect animals can sometimes be spread to humans and then spread between people, but this is rare. Severe acute respiratory syndrome ([SARS](#)) and Middle East respiratory syndrome ([MERS](#)) are examples of diseases caused by coronaviruses that originated in animals and spread to people. This is what is suspected to have happened with the virus that caused the current outbreak of COVID-19. However, we do not know the exact source of this virus. Public health officials and partners are working hard to identify the source of COVID-19. The first infections were linked to a live animal market, but the virus is now spreading from person to person. The coronavirus most similar to the virus causing COVID-19 is the one that causes [SARS](#).

The virus that causes COVID-19 spreads mostly from person to person through respiratory droplets from coughing and sneezing. At this time, there is no evidence that companion animals, including pets, can spread COVID-19 to people or that they might be a source of infection in the United States.

### Risk from imported animals and animal products

CDC does not have any evidence to suggest that imported animals or animal products pose a risk for spreading COVID-19 in the United States. This is a rapidly evolving situation and information will be updated as it becomes available.

### Regulation of imported animals and animal products

The U.S. Centers for Disease Control and Prevention (CDC), the U. S. Department of Agriculture (USDA), and the U.S. Fish and Wildlife Service (FWS) play distinct but complementary roles in regulating the importation of live animals and animal products into the United States. [CDC regulates](#) animals and animal products that pose a threat to human health; [USDA regulates external icon](#) animals and animal products that pose a threat to agriculture; and [FWS regulates external icon](#) importation of endangered species and wildlife that can harm the health and welfare of humans, the interests of agriculture, horticulture, or forestry, and the welfare and survival of wildlife resources.

## Stay healthy around animals

In the United States, there is no evidence to suggest that any animals, including pets, livestock, or wildlife, might be a source of COVID-19 infection at this time. However, because all animals can carry germs that can make people sick, it's always a good idea to practice healthy habits around pets and other animals.

- Wash your hands after handling animals, their food, waste, or supplies.
- Practice good pet hygiene and clean up after pets properly.
- Talk to your veterinarian if you have questions about your pet's health.

For more information, visit CDC's [Healthy Pets, Healthy People website](#).

## Risk of people spreading COVID-19 to pets

CDC has not received any reports of pets or other animals becoming sick with COVID-19 in the United States.

CDC is aware of a very small number of pets outside the United States [reportedexternal icon](#) to be infected with the virus that causes COVID-19 after close contact with people with COVID-19. To date, there is no evidence that pets can spread the virus to other animals or people. CDC is working with human and animal health partners to monitor this situation and will continue to provide updates as information becomes available. Further studies are needed to understand if and how different animals could be affected by COVID-19.

### Protect pets if you are sick

If you are sick with COVID-19 (either suspected or confirmed), you should restrict contact with pets and other animals, just like you would around other people. Although there have been no reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. This can help ensure both you and your animals stay healthy.

- When possible, have another member of your household care for your animals while you are sick.
  - Avoid contact with your pet including, petting, snuggling, being kissed or licked, and sharing food.
  - If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.
- For more information visit: [What to Do if You are Sick](#).

## Choose “Nano-Sized Microemulsion” CBD



The quality of CBD oil varies greatly, and one of the most important factors in determining the quality and potency of a CBD product is the method in which the CBD is emulsified. Any quality CBD oil will at least boast “Liposomal Emulsion”, but ideally “Nano-Sized Emulsion” is best.

- **Standard Emulsion:** Large particles, poor absorption. Lowest quality and lowest price oils.
- **Liposomal Emulsion:** Smaller particles, good absorption. Price will be slightly higher than cheap oils.
- **Nano-Sized Emulsion:** Smallest particles, excellent absorption. Very few CBD brands produce their oils this way.

### Which CBD Product Do We Recommend?

The My Euphoric Essence team has tested and endorsed the creation of the My Euphoric Essence brand of Organic Hemp Oil Extract. In addition to containing nano-sized emulsion (best for absorption) the formula is 100% THC free, which is relatively rare but very important for your cat and/or dog’s use. Visit our Website: [myeuphoricessence.com](http://myeuphoricessence.com) by clicking the picture below to learn more.

