

COVID-19 Care Recommendations

- Vitamin C, Vitamin D3, Zinc and Melatonin. Take the vitamins after eating in the morning and take Melatonin at night. Take one a day of each. These are good preventive measures as well. Continue these after you're over COVID and advise others around you to take them even if they're not sick. Common doses are: Vit C 600 mg, Vit. D3 2000-5000 IU, Zinc 50 mg and Melatonin 10 mg.
- Rest. You will probably be fatigued while your body fights the virus. Don't fight it by "exercising" or going outside to work and get sweaty and hot.
- Move. Don't put yourself on "strict bedrest". Do quarantine away from uninfected, unexposed people in your home, but do get up and move occasionally. Someone will need to wipe down common areas after you've been there.
- Take Deep Breaths. Make post-it notes or put a reminder on your phone to take a time-out at least once an hour to take 5 good, full, deep breaths. Straighten your torso and fill your lungs all the way to the bottom. Don't breathe fast but breathe deep.
- Treat symptoms with OTC multisymptom cold and flu meds. Some examples are DayQuil/NyQuil, Theraflu, Advil Cold and Flu, Tylenol Cold and Flu and Dimetapp Cold and Cough. Adults can take extra Tylenol (acetaminophen) between combo med doses for fever or aches but remember the maximum total daily dose of Tylenol is not to exceed 4,000 mg. Daily maximum for Advil (ibuprofen) is 2,400 mg. Children need to follow recommended doses on bottles of medications unless specifically instructed differently by practitioner/doctor.
- Pulse Oximetry. It is helpful to have a pulse oximeter to check your pulse oxygenation reading. These can be purchased at most pharmacies now. If pulse ox numbers start to drop, it could be a sign of worsening lower respiratory disease.
- Wear a mask anytime you have to go out or be around others. Clean your hands with hand sanitizer or wash for 30 seconds with soap and water before you touch anything outside your quarantine area and wipe down things you touch with Clorox Wipes (or the like) when you're done. Ideally, you should have almost everything you need in your quarantine zone/room so you don't have to share common areas with unexposed/uninfected people. If others in your household are sick with COVID when you are, you may coexist in the same spaces, quarantine together.
- Go to the nearest ER or call 911 ONLY if you are short of breath and nothing relieves it. People suffering from true shortness of breath with COVID-19 commonly have pulse ox numbers below 90% despite resting and taking deep breaths, and using rescue inhalers if they have them.
- Follow up at Stone Creek Family Medicine (call for appointment) if your symptoms start to return or worsen after you've started improving. Any return or worsening of any COVID symptoms after a day or more of significant improvement could indicate a complication or secondary infection.