

## HOME SUPPORT FOR A COVID 19 INFECTION

I have reviewed information on home support for a COVID-19 infection and would encourage teens and adults who test positive to take the following simple steps:

- 1) Those who are at high risk of becoming seriously ill with COVID 19 should contact us right away to consider antiviral therapies that are now available.
- 2) If you are not already supplementing with Vitamin D, take 2000-5000 units daily for 2 weeks from date of onset.
- 3) Consider using a zinc supplement in the range of 50-100 mg daily, zinc sulfate or gluconate both good options; this has shown to be effective in reducing symptoms from other cold viruses.
- 4) Consider antioxidant treatment such as vitamin C 500-1000 mg daily and/or quercetin 500-1000 mg daily short term for the latter; data supporting this is limited but there is one small study on quercetin that showed benefit. Selenium 50-100 mcg daily is another potential helpful anti-oxidant.
- 5) Stay well hydrated, at least 2 quarts of liquid daily (water, tea, broth, etc) and get plenty of rest. When not resting, short walks as tolerating and moving your legs will both help maintain stamina and prevent blood clots.
- 6) Use acetaminophen as first line for pain control (muscle aches, head ache etc) and only go to ibuprofen or aspirin if you need more relief as long as you are not on blood thinners, steroids or have other reasons to avoid these medicines. Dextromethorphan containing cough medicines are useful if there is a need to suppress your cough especially for sleep. Mucinex can be used to thin secretions and make them easier to clear if needed.
- 7) Call us if you have concerns, especially if you have trouble breathing.

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