

# MEDICAL ART CENTER | COVID Handout

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**RESULTS: You will receive a text message or phone call as soon as your results are back. You do not need to call us. We will email your results to the email provided.**

## What to do after testing positive for COVID-19

If you test positive for COVID-19, it is important to know the steps for taking care of yourself and protecting others.

- Isolate at home for 7-10 days
- Can leave isolation after having three days without fever, cough or shortness of breath and if at least 7 days have passed since the first sign of symptoms.
- The CDC specifies that patients should be fever-free without the use of medications like acetaminophen or ibuprofen in order to end the isolation period
- If you are in a home with others, remain in your own room and use your own bathroom that is separate from everyone else.
- Wear a mask that covers your mouth and nose.
- Limit interactions with others in the home by staying at least 6 feet away, especially if you live with vulnerable people.
- Inform others you have been in close contact with of positive COVID-19 status

## Self care at home

- Check temperature daily. Report temp >100.4
- Check pulse oximeter daily. Report pulse ox <92%
- Report any shortness of breath, change in mental status, rash, headache or changes in vision.

If you begin experiencing coronavirus-related symptoms, contact our office or your primary care for instructions on testing and treatment recommendations. If symptoms are severe, go to the Emergency Room.

## Medications and Supplements

OTC medications for symptom relief, as needed

- Advil/Tylenol
- Cough medication (dextromethorphan)
- Allegra/Allegra D (do not take decongestant formula if diagnosed with high BP)

Supplements

- Vitamin C: 1000mg daily x 1 week
- Vitamin D3: 5000mg daily x 1 week; return to prior dose after a week
- Elemental Zinc: 50mg (equivalent to 220mg zinc sulfate) daily x 1 week
- Quercetin: 500mg twice a day x 1 week
- Curcumin: 500mg daily x 7 days

Lifestyle

- Get plenty of rest
- Maintain adequate hydration; at least 8 glasses of water/unsweetened tea a day

## Returning to work

- Retest for COVID-19 is not generally recommended
- Workplace policies may differ; check with your employer for guidance