

MEDICAL ART CENTER | COVID Handout

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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