



#### **THINGS YOU CAN DO TO HELP WITH RESPIRATORY INFECTIONS:**

1. TAKE *ACETAMINOPHEN 650MG* EVERY 6 HOURS AND/OR *IBUPROFEN 600MG* AS NEEDED FOR FEVER OR PAIN (KIDS: *IBUPROFEN 10MG/KG* EVERY 8 HRS ; *TYLENOL 15MG/KG* EVERY 6 HRS)
2. DRINK LOTS OF HOT LIQUIDS SUCH AS TEA. *LICORICE ROOT TEA* 3X DAILY FOR 4-5 DAYS HELPS WITH VIRAL INFECTIONS. *LICORICE ROOT EXTRACT* CAN ALSO BE USED IF POSITIVE. IT CAN CAUSE POTASSIUM ABNORMALITIES SO TAKE UNDER DIRECTION OF PROVIDER.
3. USE AN *ALBUTEROL INHALER\** INSTEAD OF *ALBUTEROL NEBS\** (IF ABLE) IF NEEDED FOR SHORTNESS OF BREATH OR WHEEZE. THIS IS TO DECREASE THE AEROSOLIZATION OF THE VIRAL PARTICLES. YOU CAN USE PLAIN NEBULIZED SALINE AS OFTEN AS NEEDED AS WELL
4. USE *OXYMETAZOLINE NASAL SPRAY* TO DECREASE THE SIZE OF THE BLOOD VESSELS IN THE NOSE AND DECREASE THE AMOUNT OF VIRUS WHICH IS ABLE TO ENTER YOUR SYSTEM. DO NOT USE THIS FOR MORE THAN 4 DAYS TO PREVENT CHRONIC NASAL CONGESTION WHICH CAN OCCUR WITH LONGER USE.
5. USE A *SINUS RINSE DAILY* TO DECREASE ANY VIRAL PARTICLE LOAD INHALED IN THE NOSE.
6. TRY USING *ZINC LOZENGES* OR TAKING A *ZINC SUPPLEMENT 25-50MG* DAILY TO BOOST YOUR IMMUNE SYSTEM. IT ALSO HAS SOME ANTIVIRAL PROPERTIES. START NOW BEFORE ILLNESS.
7. SLEEP "PRONE" OR ON YOUR STOMACH IF POSSIBLE TO DECREASE THE AMOUNT OF PHLEGM WHICH WILL COLLECT IN THE LUNGS.
8. DO BREATHING EXERCISES TO HELP EXPAND YOUR LUNG CAPACITY. INHALE DEEPLY THROUGH THE NOSTRILS & PUSH YOUR BELLY OUT. EXHALE WITH PURSED LIPS FOR AS LONG AS POSSIBLE. IT SHOULD TAKE LONGER TO EXHALE THAN INHALE. DO THIS 10 TIMES EVERY HOUR WHILE AWAKE.
9. YOU CAN USE *MUCINEX (GUAIFENESIN)* IF YOU HAVE THICK PHLEGM TO HELP THIN YOUR SECRETIONS. DRINK PLENTY OF WATER WITH IT.
10. TAKE *AZITHROMYCIN\** DAILY X 5 DAYS (ASK YOUR PROVIDER IF IT IS APPROPRIATE FOR YOU)
11. STAY AWAY FROM OTHERS UNTIL YOUR TEST RESULTS RETURN OR 10 DAYS AFTER SX ONSET.
12. SELF QUARANTINE YOURSELF AND YOUR FAMILY FOR 10 DAYS AFTER SYMPTOMS ONSET.

*\*ITALICIZED* MEDICATION WITH ASTERISK ARE PRESCRIPTION ONLY, OTHER *ITALICIZED MEDS* ARE OVER THE COUNTER

13. IF YOU FEEL SEVERELY SHORT OF BREATH, ARE NOT GETTING RELIEF WITH YOUR ALBUTEROL INHALER, *IF AVAILABLE*, OR NEBULIZER TREATMENT, *IF AVAILABLE*, SEEK EMERGENCY CARE.

**THINGS YOU CAN DO TO BOOST YOUR IMMUNE SYSTEM:**

1. GET PLENTY OF REST
2. TAKE VITAMIN D 2000-5000IU WITH OR AFTER A MEAL DAILY
3. TAKE ZINC 25-50MG OF ELEMENTAL ZINC DAILY
4. DE-STRESS
5. GET PLENTY OF VITAMIN C 1000-2000MG PER DAY
6. STAY WELL HYDRATED
7. TAKE A PROBIOTIC
8. STAY ACTIVE AND AIM FOR 150 MINUTES/WEEK OF MODERATE EXERCISE
9. EAT HEALTHY FATS WHICH FIGHT INFLAMMATION (OLIVE OIL AND OMEGA 3)
10. HERBAL SUPPLEMENTS SUCH AS ELDERBERRY, GARLIC, OR ECHINACEA MAY HELP
11. DON'T SMOKE
12. DON'T DRINK EXCESSIVE ALCOHOL (NO MORE THAN 3-4 STANDARD DRINKS PER DAY)

**THINGS YOU CAN DO TO HELP WITH GASTROINTESTINAL SYMPTOMS:**

1. DRINK PLENTY OF FLUIDS WITH ELECTROLYTES SUCH AS GATORADE OR PEDIALYTE.
2. TAKE A *PROBIOTIC* 1-2X DAILY TO HELP WITH DIARRHEA. ANY KIND WILL WORK.
3. YOU CAN USE *MECLIZINE 25MG* EVERY 6 HOURS FOR NAUSEA WHICH IS OVER THE COUNTER OR TAKE *ZOFRAN\** (ONDANSETRON) 4MG EVERY 6 HOURS AS NEEDED
4. MONITOR FOR SIGNS OF DEHYDRATION: DECREASED URINE OUTPUT, DRY MOUTH, DIZZINESS, OR DECREASED CAP REFILL LESS THAN 2-3 SECONDS (IN CHILDREN). PRESS THE FINGERTIP AND COUNT HOW LONG IT TAKES TO PINK BACK UP.
5. RETURN TO THE ER IF YOU ARE UNABLE TO HOLD DOWN FLUIDS OR YOUR URINE OUTPUT DECREASES DESPITE INCREASING FLUID INTAKE (OR CAP REFILL IS LESS THAN 3 IN CHILDREN)

SELF QUARANTINE YOURSELF AND YOUR HOUSEHOLD MEMBERS UNTIL YOU RECEIVE YOUR TEST RESULTS.

IF POSITIVE, YOU SHOULD REMAIN IN QUARANTINE FOR 10 DAYS AFTER YOUR SYMPTOMS STARTED OR 14 DAYS AFTER A POSITIVE TEST IF YOU HAD NO SYMPTOMS. IF YOU DEVELOP SYMPTOMS AFTER A POSITIVE TEST, THEN 10 MORE DAYS SHOULD BE ADDED FROM THE TIME THE SYMPTOMS START.

IF NEGATIVE, YOU CAN RESUME YOUR USUAL ACTIVITIES WITH THE USE OF A MASK. YOU DO NOT NEED TO WEAR A MASK OUTDOORS IF YOU ARE NOT WITHIN 6 FEET OF OTHERS.

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