

LET'S TALK

COVID

MANAGING COVID-19 AT HOME

If you have been tested for COVID-19, or are waiting for test results, please be sure to stay home and isolate away from others.

If you have received a positive COVID-19 test, there are things you can do to care for yourself, minimize the spread and help prevent being admitted to the hospital.



CARING FOR COVID AT HOME

- Stay home and isolate away from others.
- Rest and stay hydrated.
- Wash your hands frequently.
- Sanitize frequently touched items.
- Exercise or walk as tolerated.
- Practice deep breathing.
- Spend time outdoors and open windows.
- Eat foods rich in potassium like bananas, oranges, tomatoes, avocados and potatoes.
If you have kidney disease, eating foods rich in potassium is not recommended.
- Monitor your vital signs and ability to breath easily. If you become short of breath, please call your primary care provider. If you have access to a pulse oximeter and your saturation levels fall below 90%, seek emergent care.



WHILE FIGHTING COVID

Once diagnosed with COVID-19, there are some recommended vitamins, minerals and medications that can be taken for the first five days of your illness to help your immune system defend itself from the virus. *This guidance is intended for adults only.*

SUPPLEMENT	DOSE	HOW TO TAKE
Baby aspirin	81 mg	Daily (if approved by physician for DVT in combination with walking)
Melatonin	3 mg minimum	Start with lowest dose (3mg daily) and take as tolerated (has shown to improve outcomes)
Mucinex/Guaifenesin	600 mg	Take twice daily as needed to thin respiratory secretions
Omega-3	1-2 g	Daily (Used to improve post-COVID syndrome)
Quercetin	250-500 mg	Twice daily for five days (helps the body use Zinc)
Vitamin B complex	1 tablet	Daily (Used to improve post-COVID syndrome)
Vitamin C	500 mg	Twice a day for five days (if you have kidney disease, or a history of kidney stones, talk to your doctor about reduced dosing before starting)
Vitamin D3	2,000 IU	Daily for five days (to prevent vitamin deficiency which has been shown to have worse outcomes)
Zinc	220 mg	Three times a day for five day (may inhibit coronavirus replication)

See reverse for more information.



TREATMENTS TO CONSIDER

Monoclonal Antibodies

The U.S. Food and Drug Administration (FDA) has issued an Emergency Use Authorization (EUA) for REGEN-COV, a dual antibody combination, for treatment of mild to moderate COVID-19 in adults and pediatric patients (at least 12 years of age and weighing \geq 88 lbs) **who are at a high risk** for progressing to severe COVID-19. Please contact your primary care provider for a referral and more information on where you can get this treatment in your community as it is rapidly changing.



TREATMENTS NOT RECOMMENDED

Ivermectin

The FDA, European Medical Authority, World Health Organization, National Institute of Health and Merck (the manufacturer of Ivermectin) do not recommend use of Ivermectin at this time. All are in agreement there is insufficient published evidence of benefit in humans with COVID-19. Numerous studies are ongoing and preliminary evidence looks promising but, until results from the United States randomized, double-blind, controlled study evidence is published, it is **NOT** recommended for use unless you are participating in an approved drug trial. Human use of Ivermectin sold for animals is **NOT** safe. These products may contain contaminants that are dangerous for human consumption.

Hydroxychloroquine (HCQ)

Early in the pandemic, chloroquine and hydroxychloroquine were identified as potential drugs for treatment and prevention of COVID-19. Recent reports from larger trials have concluded hydroxychloroquine is not beneficial for patients with COVID-19.



COVID-19 CLINICAL TRIALS AND RESEARCH

TMH is proud to offer a national network of clinical trials for COVID-19 research in the Big Bend.

If you are interested in learning more, visit TMH.ORG/Coronavirus/Trials or contact the TMH Office of Research at 850-431-4947 or CovidResearch@TMH.ORG.



For questions on any of this information or if you do not have a primary care provider, please call the Tallahassee Memorial Transition Center 850-431-4470 | Monday-Friday from 8 am - 5 pm ET.