



### **What To Do If You Suspect You Have COVID Or You Have Tested Positive.**

If you suspect COVID or have tested positive for COVID, isolate yourself from other people to minimize spread of the virus. Quarantine time ranges from 7-14 days, depending on the symptoms and your age and medical risks.

Good hygiene reduces spread of the virus. Remember to wash hands and body with soap and water. Maintain good disinfecting procedures throughout your room/home. Nasal sprays and mouthwashes containing dilute povidone iodine have been shown to help prevent infection or transmission of COVID-19. Sunlight and fresh air are key components to good health and fighting COVID. Direct sunshine for 10-20 minutes twice a day is a good source of vitamin D. Studies are clear that low vitamin D is a risk factor for getting COVID and having a worse outcome and higher risk of dying. Vitamin D3 in oil in capsules is better absorbed than tablets and is an excellent source of supplemental vitamin D if you cannot be outside in the sunshine, or your blood level of vitamin D is too low. We will describe in upcoming chapters more about doses and how to check your blood levels of vitamin D and other laboratory studies that are helpful.

Plenty of fluids—preferably water, not beverages with sugars and additives—is key to keep your immune system working well and keeping your body healthier to fight off the virus. Adequate hydration is crucial – the amount will vary by body weight, but a good rule of thumb is that your urine should be the color of pale straw.

If your urine is dark yellow or gold, you are definitely not drinking enough water. If your urine is colorless, you are drinking too much plain water, and this can make you lightheaded or confused from electrolyte imbalance.

Healthy food intake also gives the vital nutrients for your immune system to work well. Fresh fruits and vegetables are good choices, along with healthy protein options like meats and beans. Avoid excess sugar, excess intake of “convenience” foods high in fat, sugars, salt and additives because these foods cause inflammation and weaken the immune system.

Make sure you talk with your physician about increasing your intake of immune-boosting vitamins and minerals: Vitamin D, vitamin C, zinc, and others as your physician may recommend.

**For Fever:** Remember, **fever is both a warning of infection that could be serious, and one of our body’s defenses against infection.** Not all physicians agree that every fever should be treated, since it may signal a superinfection that needs aggressive antibiotic treatment, not just a fever-reducing medicine.

**For high fever,** treatment can be with acetaminophen, ibuprofen, and/or ice packs. Ice packs are easy to use and a good option to keep fever down. Just fill a bag of ice and apply to your back/tummy/flank. Acetaminophen has side effects of oxidative stress on the liver. One study has suggested it may increase risk of oxygen desaturation.

One option is to alternate ibuprofen and acetaminophen every 4-6 hours. For example, use ibuprofen at 12 PM and then try acetaminophen at 6 PM, if the fever persists. Do not exceed recommended doses on the package.