



## **IF YOU ARE DIAGNOSED WITH COVID-19**

**Stay at home until your quarantine period is over.**

**If you live with other people, stay in a separate bedroom and bathroom if possible.**

**Rest.**

**Make sure you are drinking plenty of fluids.**

**Obtain a pulse oximeter machine and monitor your oxygen levels frequently.**

## **SUPPLEMENTS RECOMMENDED IF YOU ARE DIAGNOSED WITH COVID-19**

<b>Vitamin C</b>	2,000 mg 2–3 times daily
<b>Quercetin</b>	250 mg twice a day
<b>Zinc</b>	100 mg/day
<b>Melatonin</b>	10 mg before bedtime (causes drowsiness)
<b>Aspirin</b>	325 mg/day (unless contraindicated)
<b>Vitamin D3</b>	2000-4000 IU once daily
<b>Famotidine</b>	40 mg twice daily
<b>B-Complex</b>	once daily

## **When to go to the ER or call 911**

**If you have a fever that is not controlled with Tylenol or Motrin.**

**If your pulse oximeter reads 88% or less persistently.**

**If you develop confusion or are not able to wake up or stay awake.**