

# Manage COVID-19 At Home

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- If you have been diagnosed with COVID-19, be sure to isolate away from others, wash your hands frequently and clean frequently touched objects to help slow the spread.
  - Some vitamins/minerals/supplements can help the immune system defend itself from the virus.
  - Speak with your primary care provider before starting any medications or supplements. Seek medical care as necessary if your condition worsens.
  - The following recommendations are for adults. If under 18, please speak with your child's doctor.
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- 1** Drink plenty of fluids.
- 2** Take a daily multivitamin that includes vitamin B and D.
- 3** Take Zinc 25–50mg twice daily for 5 days.
- 4** Take Emergen-C or similar product as directed for vitamin C.
- 5** Take Mucinex 600mg twice daily to thin respiratory secretions.
- 6** Take aspirin 81mg if approved by primary care provider for deep vein thrombosis (DVT) in combination with walking.
- 7** Practice deep breathing to keep lungs clear and walk frequently.
- 8** Lie on your stomach for 30–120 minutes two to three times per day to improve breathing.
- 9** Eat potassium rich foods like bananas, oranges, tomatoes, avocados and potatoes.
- 10** Eat antioxidant rich foods like spinach, beans, strawberries, blueberries, kale, and green tea.
- 11** Take an Omega-3 supplement to improve post-COVID syndrome.

