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at...**DoctorDoug.com**

## **I DON'T HAVE COVID AND I DON'T WANT TO GET COVID**

***THIS IS CHECKLIST FOR THOSE OVER 50 (THIS LIST APPLIES TO THE YOUNGER SET BUT THE LEVEL OF CONCERN IS MUCH LESS):***

- 1. DISTANCING IS THE MOST IMPORTANT THING YOU DO TO AVOID COVID**
- 2. WEAR A MASK**
- 3. WASH HANDS FREQUENTLY, USE HAND SANITIZER FREQUENTLY**
- 4. WHENEVER AN INTERACTION CAN BE OUTSIDE IT IS FAR SUPERIOR TO INSIDE. TRY TO DO MORE OUTSIDE INTERACTIONS AND LESS INSIDE INTERACTIONS**
- 5. REDUCE EXPOSURES**
- 6. UNDERSTAND RISK BEHAVIORS AND REDUCE THEM**
- 7. KNOW YOUR RISK LEVEL**
- 8. GET TESTED IF YOU THINK YOU MAY HAVE COVID OR IF YOU HAVE BEEN EXPOSED**
- 9. BE PREPARED IF YOU WERE TO GET COVID.**
  - a. HAVE A COVID KIT**
  - b. UNDERSTAND OF TREATMENT APPROACHES FOR HOME CARE DURING COVID**

### **DISTANCING:**

- 6+ FEET IS DESIRABLE.**
- OUTDOORS IS DESIRABLE**
- HUGGING GRANDCHILDREN BRIEFLY IS ACCEPTABLE. OTHERWISE, MAINTAIN DISTANCING**
- HUGGING CHILDREN BRIEFLY IS ACCEPTABLE. OTHERWISE, MAINTAIN DISTANCING**

# **MASKS:**

## **IN ORDER OF RELIABILITY AND HELPFULNESS**

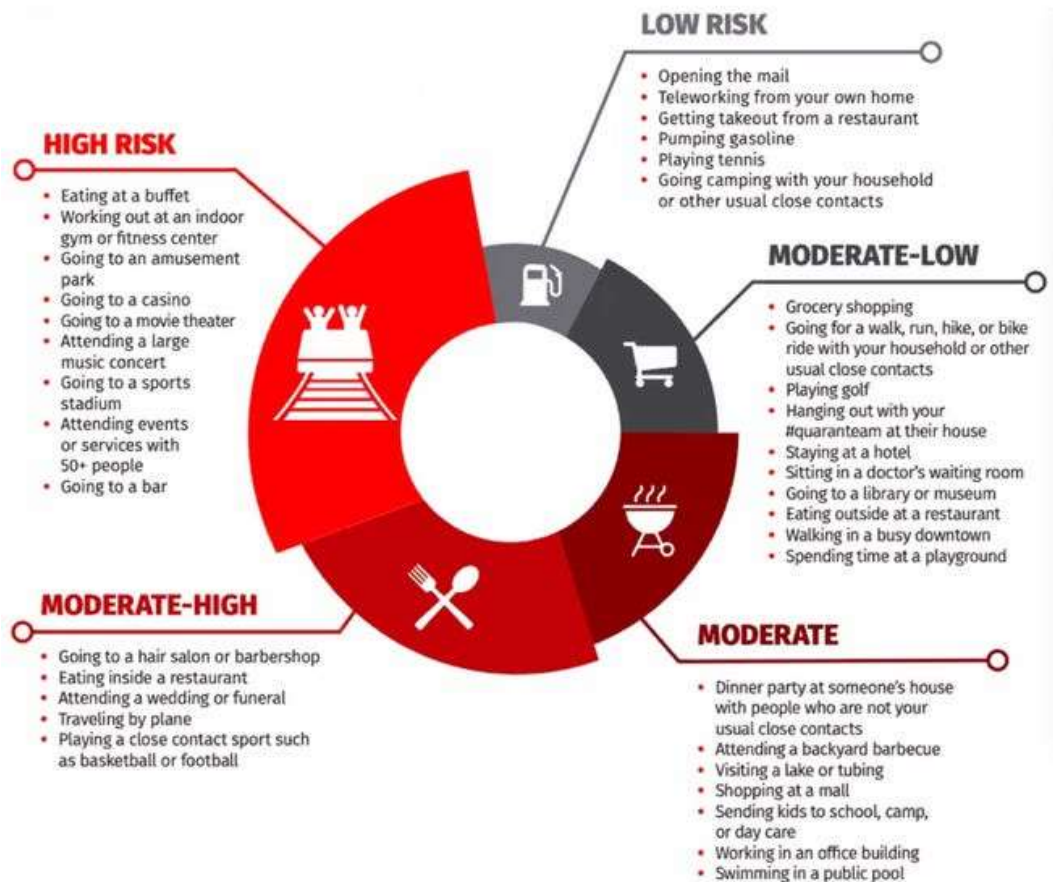
- **THICK CLOTH MASK**
- **SURGICAL MASK**
- **KN-95 VERTICAL DUCKBILL MASK**
- **N-95 ROUND MASK**

## **NOT ACCEPTABLE (THESE ARE NOT PROTECTIVE):**

- **THIN CLOTH MASKS OR GATERS**
- **MASKS WITH VALVES**

# EXPOSURE RISKS:

COVID RISK GRAPHIC FROM THE STATE OF ARIZONA



The website below provides information and understanding of behaviors and risks:

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them>

# KNOW YOUR RISK LEVEL:

High risk groups include:

- Age 75 or over
- Obesity (BMI 40 or above)
- Lung disease (emphysema/COPD) or current significant smokers
- Chronic kidney disease (Stage 4 disease or greater)
- Diabetes.... not well controlled (glycohemoglobin 8.0 or above)
- Congestive Heart Failure (for which you take medication)
- On immune suppressing medications for cancer or rheumatologic/inflammatory conditions

***Medium Risk groups may want to be more cautious but can increase activities. These include:***

- *Men Age 65 to 75*
- *Hypertension*
- *Diabetes...well controlled*
- *Asthma*
- *Obesity (BMI 35 or above)*

## *COVID-19 Testing Sites*

# **COVID-19 Testing Information**

**ALTERNATIVE LOCATIONS FOR COVID TESTING OTHER THAN OUR OFFICE:**

### **Arcpoint Labs**

<https://www.arcpointlabs.com/scottsdale-north>

### **CVS Health**

<https://cvshealth.com/covid-19/testing-locations>

### **Walgreens**

<https://www.walgreens.com/findcare/covid19/testing>

### **Aveon Health**

<http://aveonhealth.com/sick-visit/>

### **Honor Healthcare**

<https://www.honorhealth.com/coronavirus-covid-19/testing>

**Arizona COVID-19 hotline at [844-542-8201](tel:844-542-8201) for more information about testing options and availability in your area.**

### **At Home test kits:**

\$109 kit: <https://www.everlywell.com/products/covid-19-test>

\$119 kit: <https://www.letsgetchecked.com/us/en/home-coronavirus-test>

**Zero Dollars...may be covered by insurance or by US Govt.:**

<https://www.pixel.labcorp.com/at-home-test-kits/covid-19-test>

# COVID HOME KIT:

## 1 DIGITAL ORAL THERMOMETER: TO MONITOR FEVER.

MANY BRANDS ARE FINE...HERE IS ONE EXAMPLE:

[https://www.amazon.com/Digital-Thermometer-Reading-Waterproof-Indicator/dp/B087T3S4TR/ref=sr\\_1\\_6?dchild=1&keywords=THERMOMETER&qid=1597159324&sr=8-6](https://www.amazon.com/Digital-Thermometer-Reading-Waterproof-Indicator/dp/B087T3S4TR/ref=sr_1_6?dchild=1&keywords=THERMOMETER&qid=1597159324&sr=8-6)

## 2 PULSE OXIMETER: TO CHECK OXYGEN LEVELS.

MANY BRANDS ARE FINE...HERE IS ONE EXAMPLE:

[https://www.amazon.com/Innovo-Fingertip-Oximeter-Plethysmograph-Perfusion/dp/B07YVGZPRZ/ref=sr\\_1\\_20?dchild=1&keywords=PULSE+OXI&qid=1597159388&sr=8-20](https://www.amazon.com/Innovo-Fingertip-Oximeter-Plethysmograph-Perfusion/dp/B07YVGZPRZ/ref=sr_1_20?dchild=1&keywords=PULSE+OXI&qid=1597159388&sr=8-20)

## OTHER ITEMS FROM THE HOME MEDICAL KIT (SEE BELOW FOR USE OF PRODUCTS):

- **TYLENOL/ADVIL/ OR ALEVE (ADVIL AND ALEVE ARE SAFE IN COVID)**
- Sudafed 30mg tablets
- Chlorpheniramine 4mg tablets
- Robitussin DM syrup
- Imodium AD

## CARING FOR YOURSELF IF YOU THINK YOU MAY HAVE COVID OR IF YOU HAVE BEEN DIAGNOSED WITH COVID:

1. Check your temperature twice daily and keep a log. No temperature is dangerous...adults do not have to worry about this. This is just about monitoring your condition. If you have concerns, be in touch.
2. Check oxygen level twice daily and keep a log. A declining oxygen level can indicate early decompensation from COVID. Normal oxygen saturation is 97-100%. If lower than that it may be normal for you, but the trend is what matters. If you are declining into the low 90's, if you are feeling particularly short of breath...then it is time to be checked at the Emergency Room (which is safe to do!) If you have concerns...be in touch.

### **3. Manage symptoms just like any other viral infection (see below)**

#### **Most Common Symptoms**

They consist of the same set of symptoms as the common cold/rival respiratory syndrome, but they are worse.

#### **Common/Hallmark symptoms:**

- High fever (over 100.4, but can range from 99's to 104+)
- Fatigue
- Cough

Other symptoms can include milder issues:

- Loss of Smell and/or Taste
- Nausea without Vomiting
- Sore Throat
- Aching muscles throughout the body
- Headache
- Occasional diarrhea ...
- Nasal congestion (occasional)

#### **TREATMENT:**

Symptomatic treatment for the most bothersome symptoms

- **Plan to:**
  - Monitor temperature twice daily and record.**
  - Monitor oxygen levels twice daily and record. If dropping significantly you should be in touch.**

#### **Aches and Pains and Fever:**

- Tylenol 650 – 1000mg four times per day is preferred for treating these symptoms, but if not working well, you may use:
  - Advil (Ibuprofen 200mg), 2 – 3 tablets....2 – 3 x per day or Aleve (naproxen 220mg), 1 – 2 tablets...1 – 2 x per day,
  - Drink good amounts of clear liquids (anything you can see through)

#### **Sore Throat:**

- Saltwater gargling
  1. Dissolve 1 teaspoon of salt in a glass of warm water.
  2. Gargle for 15 seconds and spit.
  3. Repeat during the day every 2 – 4 hours to relieve pain.

- Pain relief medications: Advil (Ibuprofen 200mg), 2 – 3 tablets....2 – 3 x per day or Aleve (naproxen 220mg), 1 – 2 tablets...1 – 2 x per day, or Tylenol 650 – 1000mg four times per day.

### **Cough:**

- Steam: Either in the form of a hot, steamy shower or using a hot pot of water and covering with a towel and put your head under the towel. Both methods will provide humid air to the irritated air passages and soothe the cough.
- Cough Syrup: Robitussin DM or Delsym cough syrup can be used to suppress cough.
- You may require a prescription cough syrup with Codeine. Contact me if that is the case.

### **Sinus Congestion and Drainage (RARE SYMPTOM):**

- Use a decongestant such as Sudafed 30mg, 1 – 2 pills up to four times per day, or use a drying antihistamine such as Chlortrimeton 4mg, up to four times per day. Other cold medications (over the counter) can be used.
- *Claritin, Zyrtec, Allegra will not work for congestion symptoms from an infection. Do Not Use.*

### **Nausea Treatment:**

This is the most difficult issue to treat at home as there is very little one can do to settle the stomach. Coca-Cola with the carbonation eliminated (Flat Coke), Ginger Ale, or Ginger Root.... can be tried, but these are often inadequate, and the key to getting the stomach to settle is getting a good nausea medication.

If nausea is persistent, then calling for a prescription medication is often a good idea. Phenergan (Promethazine), Compazine (prochlorperazine), Zofran (Ondansetron) are very effective in treatment. Sometimes we use them in combination either as a pill or a suppository.

### **The KEYS are:**

1. Settling the Stomach...so that liquids can be taken
2. Focusing on Liquids...so that dehydration does not set in
3. Eating light foods... if possible (to provide energy for healing). This is not a requirement for healing from an acute GI illness; so, do not feel that the sick person needs to eat food. The only requirement is liquid intake!

### **When to Seek Medical Assistance**

- There is no medication to treat this virus, so the resolution takes time.

### **Worsening symptoms/Signs of Complications:**



- **If you are getting significantly short of breath please be in touch. If progressive and worsening, you need to be seen and possibly hospitalized. Best to go the ER if shortness of breath is a significant symptom**

#### **How Long to Recover**

- The COVID is a viral infection that will generally take from 3–7 days to develop, 3-7 days to improve and then from 3-7 days to completely resolve.