

COVID-19 APPROACH TO STAYING WELL AND OUT OF THE HOSPITAL



🔍 COVID-19 TESTING UPDATES

Testing	<ul style="list-style-type: none"> The State and Urgent Care facilities have very limited number of test kits with long lines. My office has not received kits and we only get 5 at a time with about a 2-week delay. If you go to the hospital you will only be tested if your oxygen levels are low and being admitted for treatment, but they won't test you in emergency even with a fever of 102 etc. They will send you home unless oxygen support is needed. Limited testing is available at Stride Health Centers, and we may soon get rapid test kits in 1-2 wks. The CDPH testing has been inconsistent and with little to no availability. We may have serum antibody testing available in next month or 2 which can tell us if you had it and have potential immunity moving forward.
Symptoms	<ul style="list-style-type: none"> If you have a fever with respiratory symptoms assume you have it. You should self-isolate at home away from family members. Wear a mask if you are infected, even a home-made one to limit spread. Wash hands etc. per CDC guidelines
Confirmatory Testing	<ul style="list-style-type: none"> Once testing is more readily available, do a confirmatory test for yourself, family members and co-workers who are at risk. The greater risk is in asymptomatic household members who may give it to others unknowingly. Asymptomatic carriers working the frontlines in healthcare, fire/police, grocery stores, pharmacies, and will spread it to the community broadly
Testing Guidelines	<ul style="list-style-type: none"> Vague testing guidelines are available from the state and the CDC: These be updated regularly as new assays emerge and availability improves. Let's hope for a reliable rapid test with greater availability soon.
Positive Test Results	<ul style="list-style-type: none"> If testing returns positive, follow CDC protocols to self-isolate in house. Protect others by wearing a mask (if possible) and following handwashing protocols etc. Avoid petting a dog/cat that can carry the virus on their fur if you are positive, or at least wash hands well before petting them, and have others wash hands after petting them to be safe. Bathe pets periodically too.
Homecare Guidelines	<ul style="list-style-type: none"> Visit CDC at CDC General Guide to home care Side bar- Be careful at grocery stores and clean packages/food when arriving home. See this Atlantic monthly article.
CDC Covid-Page	<ul style="list-style-type: none"> CDC Covid-19 homepage for other faqs.

🏠 HOME TREATMENT RECOMMENDATIONS

Alert Provider	<ul style="list-style-type: none"> Notify your healthcare provider if a friend/family member develops COVID-19 symptoms (e.g., fever, cough, shortness of breath) to alert them to possible future ramifications and risks related to your health condition that may come in to play. In most cases homecare is the best choice.
Fever	<ul style="list-style-type: none"> Treat with Tylenol every four hours as needed. Advil/Aleve may be risky, so avoid them for now.
Congestion	<ul style="list-style-type: none"> Do saline washes of nose a few times a day. If feeling blocked use Afrin for no more than 3 days or use Flonase longer term Hydrate well, run humidifier in isolation room.
Vitals Monitoring	<ul style="list-style-type: none"> Monitor with pulse ox and vitals at home if possible. A pulse ox can be purchased for \$20, and good quality automatic arm cuff for \$50-100 Normal pulse oxygen level in Denver is 90 plus level. If less than 86 notify us or your personal physician if concerning levels. Check urine output - light yellow to clear. If not, encourage increased fluid intake (Water, coconut water, electrolyte drinks)
High Blood Pressure	<ul style="list-style-type: none"> If you have high blood pressure, monitor your home bp's closely. If blood pressure drops below 90/60 discuss dropping dosage and talk to your doctor. If above 150/90, call your doctor too.
Medication Supply and Covid-19 meds	<ul style="list-style-type: none"> Keep a 90-day supply of all meds whenever possible Antibiotics cause more harm than good unless you are 2-3 weeks out and develop symptoms of a secondary bacterial infection, such as pneumonia or sinusitis. Tamiflu won't help either unless you test positive for flu. Chloroquine and antivirals must be reserved for hospitalized ICU patients. We only have anecdotal reports on potential benefits and no strong evidence they work. Sinus congestion and pain, sore throat, cough is all part of a viral upper respiratory infection whether Covid-19, Flu, RSV, or other common colds. Some patients may not have a sore throat. Some may have simply loss of smell and taste in milder cases. Immune support - consider 2 grams Vitamin C daily, Vitamin D 5000 IU/day. For example, Immunotonix, Immune essentials, Host Defense-My Community immune support are other broad-spectrum immune support supplements that may offer benefit. NAC 500-1000mg if developing respiratory symptoms to reduce potential cytokine storm. Silvercillin spray may help for throat, Zinc lozenges too. Please wait at least 2 weeks before considering the possibility of a secondary bacterial infection and antibiotics. If needed, a treating physician will order a chest x ray and treat pneumonia if present or sinusitis if worsening sinus pressure and pain.
Rest and nutrition	<ul style="list-style-type: none"> Hydration - maintain good hydration with water and or electrolytes (coconut water or otc electrolyte sport drinks). If your urine is turning medium-yellow and it's not related to a recent b vitamin intake, increase your hydration. Should be clear to slightly yellow Nutrition - maintain adequate caloric intake, bland foods if needed when nauseated. Maintain adequate protein intake and plenty of fruits and veggies to increase vitamin c levels and antioxidants. At least 1500 calories/day. Food Supply - keep a minimum of 2 weeks + food supply etc. as advised in my earlier newsletter for practical pandemic preparedness. Have others shop for you who are not in the infected household and leave at front door if needed. If you can store 3-4 wks of food, do it. Wipe down packages with disinfectant wipes and counters when unloading. UV light sterilization devices available on Amazon an option too. Meditate – Enjoy guided meditations or other forms, listen to relaxing music to reduce stress, minimize watching the news.

	<ul style="list-style-type: none"> • Isolate - As recommended by your City or State to protect others.
Sleep	<ul style="list-style-type: none"> • Sleep 10 hours nightly when possible. • Do deep breathing to promote healthy lung function. • Stress impairs your immune system via elevated cortisol levels.
Exercise	<ul style="list-style-type: none"> • Light activity and exercise as tolerated will help prevent pneumonia. • If you don't have the energy to do some light exercise, rest and take deep breaths periodically.



CARETAKER PROTECTION RECOMMENDATIONS

Single Patient Caretaker	<ul style="list-style-type: none"> • One caretaker should take responsibility for patient care at a time, to limit exposure to others.
How to Protect others from illness	<ul style="list-style-type: none"> • Sleep in another room and use a separate bathroom • Prohibit visitors who do not have an essential need to be in the home. • Avoid touching your eyes, nose, and mouth with unwashed hands • Wipe down surfaces regularly with anti-viral wipes, bleach, alcohol or other effective means. • Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, • Wash your hands regularly and thoroughly, do not share the same hand towel. • Use paper towels. • Cough into Kleenex and then wash hands after. • If available, wear a N-95 mask, a surgical style mask, or even a homemade one to help prevent virus from spewing across the room with an unexpected cough. • Wear gloves when you touch or have contact with the patient’s blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine. If gloves not available wash hands for 1-2 minutes in this case. • Ok to reuse your own personal facemask. Wash if fabric, if fiber-like mask set in windowsill or use a UV sterilizing light to clear virus. Store your personal mask in a Ziplock with your name on it. Wash hands before touching mask. • If air intake for HVAC (heat and ac) is in room you are sleeping, consider duct taping an extra air filter to it externally, and if possible, stay in room that does not pull air into system. • Open windows to bring in fresh air when possible. While it is low-probability droplets will be able to be spread to another room, we saw what happened on the cruise ships • For additional information see the CDC Covid-19 homepage • Remember we are all in this together. Ask for help and support from neighbors, family and friends if needed. Help them too. This should be a practice in altruism to your community and not just about you and your family. See the RevolutionaryMD homepage for additional updates.



If Symptoms Become more severe

If Symptoms Become More Severe	<ul style="list-style-type: none"> • If more serious symptoms occur, the caretaker should call their doctor or 911 for evaluation and treatment. These worrisome symptoms include: <ul style="list-style-type: none"> ○ Acute respiratory distress (severe shortness of breath with blue lips) confusion, chest pains, toxic appearance, severe dizziness ○ Low blood pressure less than 90/60 with pulse over 100, Pulse ox less than 85 • Call 911 for ambulance transport. Private transportation may be ok in urgent, but stable situations, however discuss with your doctor or the hospital to determine if safe, which hospital can take you, and if ok for a healthy family member to drive them. If unable to assess stability, default to calling 911 and going by ambulance. • Most hospitals have limited isolation rooms and may fill up quickly, and as you’ve heard ventilators are in short supply. • Don't simply walk into a hospital/ER/Urgent Care with a family member or friend who may have the virus. Call ahead or wait in car by ambulance driveway for assistance. You will not be admitted to hospital unless you need oxygen support or other medical issues warranting close monitoring.
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