



COVID-19 Infection Self Care Instructions

Please see the information and instructions below to provide care for yourself during your COVID-19 isolation period. The medications/supplements recommended below will assist body in fighting the COVID-19 virus.

Helpful information:

Diet: Eat healthy and balanced meals. Increase fluid intake, which will help to lower your temperature, replace fluids lost through fever and help to keep mucous thin. If

your stomach is upset, limit your diet to clear liquids until symptoms improve. Clear liquids include tea (with sugar or honey if desired), coke, ginger ale, 7-Up, popsicles, Jell-O, bouillon, or chicken broth. Under no circumstances should you share the use of glasses, cups, etc. with others.

Rest: The body needs rest to direct energy toward the production of antibodies

Fever: The CDC considers a person to have a fever at **100.4° F (38° C) or greater.**

Medications for symptom relief: These should not be combined with alcohol. Read the label.