

## What you can do to fight Covid at home, once you are diagnosed with the virus

- Sleep on your stomach at all times; if you're unable to because of health problems, then sleep on your side. Do not sleep on your back, it smashes your lungs and that will allow fluid to set in and cause pneumonia
- Set your clock for every two hours while asleep and get up and walk for 15-30 minutes. Even if you're weak and tired make yourself do this. Move your arms around frequently, it helps open your lungs. Breathe in through your nose and out through your mouth, these things will help strengthen your lungs and get rid of fluid or pneumonia you may have.
- While sitting in a recliner, sit up straight. DON'T lay flat, this smashes the lungs. While watching TV, get up and walk during every commercial (or every 15-30 min).
- Good things for you to eat are eggs, bananas, avocado, and asparagus. These are rich in potassium.
- Drink water, Pedialyte, Gatorade, Powerade, water with electrolytes, these will help prevent dehydration. Water with lemon and a little honey, peppermint tea, apple cider are good for you also. These are better for you at room temperature, avoid things cold and right out of the ice box.
- Vitamins D3, C, B, Zinc, and a Probiotic once a day are a good idea.
- Tylenol is used for fever or aches. Mucinex or Mucinex DM helps with drainage and cough.
- Pepcid helps for cramps in your legs, and one baby aspirin a day can help prevent blood clots **(check with your physician before you begin new medications and avoid these of course if you have an allergy or contraindication such as already on "blood thinner".)**
- Smoothies with berries, bananas, honey and even peanut butter are also a good source of nutrition during this time, avoid milk products and pork.
- UV rays are good for your body, soul and mind! Sit in front of the window or on your porch as often as possible; if you're able to do your walking outside then do it!
- Monitor your temperature and other signs and symptoms, do not hesitate to contact your healthcare provider if you have questions or concerns.
- **WASH YOUR HANDS, AND KEEP YOUR HABITAT AS CLEAN AS POSSIBLE!**