



Based on your presentation of symptoms, you have been scheduled for COVID testing. Please note the following:

Supportive measures to assist you with relief of your symptoms:

- Vitamin D 5,000IU daily, Vitamin C 500mg daily, and Zinc 50mg daily.
- Sipping cold or warm beverages (eg, tea with honey or lemon)
- Eating cold or frozen desserts (eg, ice cream, popsicles).
- Sucking on ice.
- Sucking on hard candy
- Gargling with warm salt water
- Over the counter Tylenol and ibuprofen.
- If nasal drainage is present you may benefit from over the counter options: Flonase (fluticasone) nasal spray, netty pot, Afrin nasal spray up to 2-3 days max, Mucinex or Robitussin decongestant, Zyrtec.
- Refrain from smoking or being around second-hand smoke exposure as this can cause increased mucosal irritation

You should go to the Emergency Room for immediate evaluation if the following are present:

- Severe shortness of breath (short of breath at rest or shortness of breath interfering with the ability to speak in complete sentences).
- Oxygen saturation on room air of  $\leq 90$  percent, regardless of severity of your shortness of breath.
- Concerning alterations in mentation (eg, confusion, change in behavior, difficulty in rousing)

To control the spread of the infection, please note the following guidelines:

- Suspected (meaning you have been tested but don't have your results) or confirmed (you have been told you are positive for COVID-19) COVID-19 should **stay at home** and separate yourself from other people and animals in the household. Avoid having visitors.
- If you test positive, you **MUST** quarantine for 10 days from the start of symptoms. You should contact your **County Health Department** for direction.
  - The CDC has specific guidance for isolation for you, anyone in your same household and for individuals that may have had close contact with you. See attached scenarios (4) to help guide you and your contacts through their exposure.
  - A follow-up visit with your primary care provider via tele health 2-4 days after your positive test is recommended.
- If your test comes back negative, but you are having persistent symptoms, contact your primary care provider. You may need repeat test and/or office visit.
- If you have household members or close contacts that may need testing, please feel free to contact us at 715.839.9280 or have them call their primary physician for direction.