

Materials Needed Before You Get Covid-19

Be Prepared

—Part FIVE in the Coronavirus Strategy Series—

Life belongs to the living, and he who lives must be prepared for changes.

—Johann Wolfgang von Goethe—

By failing to prepare, you are preparing to fail.

—Benjamin Franklin—

Are you ready for Covid-19? By now, if you are not ready, then you are behind. The SARS-CoV-2 versions of coronavirus continue to spread rapidly throughout the United States. *Those who are prepared, have a higher likelihood of not needing hospitalization and a better chance of surviving a Covid-19 infection.*

How should one prepare for the potential of a Covid-19 infection? Listed below are my recommendations. If you are a cancer survivor, have diabetes, are overweight or obese, have a chronic lung disease, have a medical condition where you need to take any form of an immune suppressive drug, are over the age of 55, live in assisted living then I would suggest that you follow ALL of these recommendations.

1. **Purchase a good thermometer.** *Do not use the infrared non-contact forehead thermometers that are often used outside of retail stores. These devices are terribly inaccurate.*

Obtain either an analog oral thermometer, a **digital oral thermometer**, or for infants and babies an infrared ear thermometer.

Here are some suggestions for digital oral thermometers:

- *Bumapo Waterproof Digital Thermometer*
- *iProven Dt-R1221 AWG Medical Thermometer*
- *Fenometer Medical Digital Thermometer*

2. **Purchase a pulse oximeter (pulse ox).** Moderate to severe Covid-19 causes dramatic damage to the lungs. When this happens, the oxygen levels in the blood can drop very low. Home oxygen devices called, PULSE OXIMETERS (pulse ox), are inexpensive ways to monitor blood oxygen levels. Normal readings are 97-99%. If your O2 % drops to 94% or lower, then you need to contact your doctor immediately. If you get sick then test your oxygen saturation 4-6 times per day.

Pulse ox units cost between \$10 and \$250. Do not purchase the units that are <\$20. It is best to get a medical grade pulse ox unit that has high ratings. Do not get a sports pulse ox unit, they are not accurate enough.

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Here are three units that are reasonably priced with high ratings:

- Innovo Fingertip Pulse Oximeter with Plethysmograph & Perfusion Index \$35
- Zaccurate Pro Series 500DL Fingertip Pulse Oximeter Blood Oxygen Saturation Monitor \$25
- Santamedical Generation 2 Fingertip Pulse Oximeter Oximetry Blood Oxygen Saturation Monitor \$25

3. **Purchase a home blood pressure device.** Having an accurate way to measure blood pressure is essential to helping me and your other doctors determine whether you need to be seen in person, go to the emergency room, or be admitted to the hospital.

Here are three units that are reasonably priced with high ratings:

- Oxiline—Pressure X Pro \$89
- Omron—10 Series \$105
- Welch Allyn—Home 1700 Series \$99
- A&D Medical UA-767FAC \$58

4. **Purchase a set of six N95/KN95 surgical masks.** Why purchase the fancy surgical masks? If you are sick with Covid-19 and you are being cared for at home, then you will need help. Family members who are assisting you need to be protected and the N95 mask offers the best protection for your care givers.
5. **Make sure that you have Tylenol 325 mg tablets.** Do not purchase the 500 mg extra strength dose. If you have a fever that is beyond 100.4 F or 38 C then taking a fever reducer might be helpful. But, low grade fevers help to significantly increase the function of the immune system in a helpful way, so don't automatically lower all fevers unless they are too high.
6. **Go to my handout PART THREE: Acute Covid-19 Management Strategies** (<https://stevepaulus.com/handouts>) and purchase those basic supplements. Once you are ill with Covid-19, you will be quarantined and will not be able to go to the health food store to purchase those key immune stimulating herbs and anti-inflammatory supplements.

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