

Materials Needed Before You Get Covid-19

Be Prepared

—Part SEVEN 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 the pandemic? By now if you are not ready, then you are behind. The coronavirus is spreading 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 pandemic 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 65, live in assisted living or live in a nursing home then I would suggest that you follow 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 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.** 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.

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

Innovo Fingertip Pulse Oximeter with Plethysmograph & Perfusion Index \$35

Zacurate 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 set of six N95 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.
4. **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. See my handout on PART 8: *Fever and Coronavirus* (<https://stevepaulus.com/handouts>).
5. **Go to my handout PART FOUR: 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.

Change is here, are you ready?

SFP 11-17-20

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