

RECOMMENDATIONS FOR THOSE WHO HAVE COVID INFECTION

- 1. Weigh daily.**
- 2. Purchase an automatic blood pressure cuff and begin taking blood pressure three times a day and keep a record.**
- 3. Purchase a thermometer. For under the tongue thermometers, wipe the thermometer with 70% alcohol after each use and then wash off with soap and water. Do not share the under the tongue thermometer with other household members.**
- 4. Take temperature at least every eight hours and record it. For temperatures of 100 degrees or higher use Tylenol. Do not take more than 6 Tylenol in 24 hours.**
- 5. Purchase a pulse oximeter at Amazon.com and check blood oxygen saturations every one to two hours.**
- 6. If saturations are less than 90% call your doctor immediately or go to a hospital emergency department.**
- 7. Watch for any of the following “alarm” symptoms to including cyanosis, chest pain, increasing difficulty breathing, dizziness, disorientation, loss of consciousness, slurred speech, or seizures.**
- 8. Start using a probiotic once daily anytime of the day. Use Visbiome High Potency capsules. 112 Billion CFU which can be purchased on Amazon.com (cost \$113.00 for a 4 month supply).**
- 9. Discontinue using all nasal sprays except a saline (salt water) mist, spray, or saline irrigation (Nettie pot).**
- 10. Do not take any acid reducing medication like Omeprazole, Prevacid, Zegeride, Dexilant, Nexium, Protonix, Prilosec.**
- 11. Begin taking vitamin D 10,000 international units daily for the first five days then 5000 IU daily thereafter.**
- 12. Use a portable air filtration unit with a HEPA filter in sleeping areas.**

13. Use a separate bathroom from other household members, if possible.
14. Keep a daily record of all foods and beverages consumed. Try to drink at least 2 liters of fluids a day, distilled water preferred.
15. Keep a list of all medications taken every day both prescription and over the counter products including minerals, vitamins, probiotics, supplements and health care products.
16. Keep a daily list of bowel movements experienced each day and grade the consistency firm, soft, or liquid.
17. Remove contact lenses and do not wear them again until after infection with COVID resolves.
18. Flush the eyes with liquid, lubricant artificial tears twice daily, for example, Sustane Ultra PF.®
19. Take a multivitamin daily—example, Centrum®.
20. Shower daily.
21. Do not share combs, brushes, toothbrushes, or razors.
22. Brush teeth a minimum of twice daily for 2 minutes each time. Between brushings soak the toothbrush in a few ounces of Listerine. Throw out the Listerine once used and repour fresh Listerine to soak the brush with the next usage.
23. Remove all body piercings and jewelry.
24. After each use of the toilet whether bowel actions or urination close the toilet lid before flushing to avoid aerosolizing the toilet water.
25. Before closing the lid of the toilet and flushing, add a ½ cup of bleach to the toilet water. Close the lid and leave the bleach in the water for up to an hour. Leave the bleach bottle on the lid after closing to signal to other household members that bleach has been added to the water. Flush the water with bleach before reusing the toilet. Never urinate into water containing bleach.

26. Wash hands with soap and water for a minimum of 20 seconds after coughing, sneezing or using the bathroom.
27. Use disposable dinnerware until all household members are well. Evidence suggests that after recovery those with COVID infection may still shed viruses for 30 days.
28. Avoid strenuous exercise when sick with COVID.
29. Do not share towels.
30. Use paper towels after handwashing.
31. Dispose of paper towels and disposable dinnerware in plastic bags.
32. Do not drink well water.
33. Do not drink alcohol.
34. Do not use any tobacco products.
35. Do not use any recreational drugs.
36. Drink green tea formulation- 2 cups daily. The recipe is posted at the office website, kramermedicalclinic.com, go to the suggested reference section and select item #5 under the caption "DIET"
37. Use yogurt as a snack, if desired.
38. Drink Kefir milk, if desired.
39. Avoid spicy and fatty foods.
40. After recovery, if not previously immunized, take the 2 initial injections and a booster 6 months later. If previously immunized, get a booster. Having the infection does not produce the same level of protective antibodies as the antibodies obtained from immunization.