

You were exposed to covid:

Quarantine at home for 14 days. Only leave your house to get medical care.

Get tested between 5-7 days after your exposure. Here is the OHA search tool for a testing location near you: <https://govstatus.egov.com/or-oha-covid-19-testing> . Vitality does not currently have the testing materials to test for covid.

The false negative rate for covid tests can still be quite high, so stay in quarantine for 10 days even with a negative covid test. (Ideally still do the whole 14 days)

If you tested positive for covid:

Isolation: you should stay isolated even from people in your home for 10 days after onset of symptoms and 24 hours after your fever goes away. Ideally this means that you are not using the same bathroom or dishes as other people in your living situation as well.

Helpful equipment to have at home:

- thermometer
- pulse oximeter
- blood pressure monitor.

If your oxygen goes below 94% when you are resting, if it goes down below 94% when you're walking around, if you feel like you can't get a good breath in, if your blood pressure goes down significantly, or if you have a big change in the way you can think, you need to be evaluated in person and this should not be delayed.

Things you can do to help your immune system:

Zinc lozenges- Aim for 10 -24 mg per day for people over age 6. This can cause diarrhea for some people, and is best used when you are actually sick as continuous supplementation can cause some GI problems for some people, and will cause copper deficiency over time.

Vitamin D- we tend to supplement adults at 5000 IU/day and kids at 2000 IU per day. If we have previously recommended a higher or lower dose for you, please follow that recommendation.

Melatonin- 0.5- 3mg at night.

NAC/ N-Acetyl Cysteine: 600 mg, twice a day. If you get a fever/cough, increase this to 1200mg twice a day.

Cold socks: It sounds terrible but it works amazingly well. Here's a video on how to do this: <https://youtu.be/FirAjMCFnfQ>

Mustard plasters: Here's a video we made explaining how to do this: <https://youtu.be/KAtqMaJ8gss> . This is an old standard of care for pneumonia, and it tends to work well but can cause problems if not done carefully.

Cough herbs- here's a blog we wrote about things you might have in your cupboard:

<https://vitalitynw.com/uncategorized/herbalism/5-cough-herbs-that-are-great-for-kids/>

Elderberry syrup: You may have seen information floating around stating to avoid elderberries early on in the pandemic, but I have never seen elderberry syrup cause a cytokine storm. Elderberry can be incredibly helpful- here's our recipe: <https://vitalitynw.com/uncategorized/herbalism/elderberry-syrup-helps-with-cold-and-flu/>

Prone positioning:

Try not to spend a lot of time laying flat on your back. Laying on your stomach with a pillow or two under your hips can help your lungs. Please only do what feels comfortable, this should not cause pain or feel like it makes you more short of breath

How to contact the office:

Non-urgent question or check in:

Please use the patient portal.

Urgent question during normal office hours:

Call the front desk at 503-344-1345

Urgent question after hours:

For established patients only, not for refills or just to touch base-

Call 503-344-1345 and choose option 2. This will go to the cellphone of whichever doctor is on call. If you have not received a response within 1 hour, please call again.

Additional resources:

<https://govstatus.egov.com/OR-OHA-COVID-19>

<https://multco.us/novel-coronavirus-covid-19>

<https://www.co.washington.or.us/covid-19>

<https://www.clackamas.us/coronavirus>

<https://www.safestrongoregon.org/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://virologydownunder.com/>

We recognize that all sources do not agree on all things. Where there is discordant information, we have presented a more cautious approach as both of us have high risk family members and are being extraordinarily cautious.

