

# COVID-19 HOME REMEDIES

## FEVER REDUCTION

Tylenol 1000 mg every 4 hours

Advil 800 mg every 6 hours

Fluids

## OTC MEDICATIONS FOR SYMPTOMATIC RELIEF

DayQuil NyQuil Dimetapp Robitussin Benadryl Sudafed



## FLUID INTAKE

It is important to maintain a proper intake of fluids. You will need approximately 30 cc per Kg of body weight if you are not ill, sweating, already in the beginning phases of dehydration, or are exerting yourself. Since most people are partially dehydrated on normal days, once ill, it is very difficult to catch up. A 70 kg or 150-pound man or woman will need 2100 cc or 70 ounces or nearly 9 cups of fluid every day. **If you are experiencing a fever, vomiting, or diarrhea your daily needs will increase fluids - sometimes significantly.**

## SIGNS OF DEHYDRATION

Dark, discolored, or malodorous smelling urine

Decrease urine output

(People that are well hydrated urinate every 1-2 hours on average)

Dry Mouth /Thirst

Dry Skin

(By the time people are thirsty they are already 2 liters low on their fluid intake)

Weakness

Lightheaded when standing or using the restroom

Confusion

Headache

## FOOD

This is not the time to be worried about your waistline. It is important to eat multiple small meals throughout the day even if you are not hungry. Although eating healthier foods is always recommended, while sick, high calorie meals that contain adequate protein, fat and carbs will facilitate normal body defense mechanisms for fighting the viral load.

## IMPORTANT SIGNS OF MORE SERIOUS ILLNESS

Shortness of breath

Blue lips or nail beds

Confusion

Difficult arousing

Inability to wake or stay awake

New-onset chest pain

Inability to maintain adequate hydration

Inability to eat resulting in weight loss

*If sick from Covid, I would suggest increasing your fluid intake 50 to 100%. In other words, double the amount that is recommended to you based upon your weight. A 150-pound man or woman should ingest upwards to 3 to 4 liters of fluids daily. This may need to be increased if experiencing fluid loss due to vomiting and diarrhea. Maintaining adequate hydration will keep you out of the hospital.*

## REST

If you feel like sleeping, sleep. If you feel like you cannot get off the couch, don't. The weakness and malaise associated with Covid is real. Please rest and sleep and avoid strenuous work – physical or mental. You simply are not at your best. The weakness and fatigue associated with Covid may persist for weeks after the acute illness has abated – this is normal.



**MARSHALL CONNECT 24/7 VIRTUAL CARE IS A CONVENIENT WAY TO ADDRESS YOUR COVID-19 QUESTIONS, CONCERNS, OR NEEDS.**

Our providers can: - Answer questions - Provide guidance - Provide peace of mind - Alleviate anxiety and fear  
- Call in prescription medications when appropriate - Direct patients to appropriate treatment facilities  
- Provide work or school excuses when appropriate - Arrange for IV therapy  
- Arrange for other treatment options when appropriate