

Dear Patient,

You have been tested for COVID-19 and your results have come back positive (“detected”). Now what? *There is no cure for COVID-19*; however, a number of therapeutic agents have shown promise for both the prevention and treatment of the disease. We know much more about treating the disease, proactively, than we did when the pandemic first began. It is likely that no single medication or supplement will be effective and that you will benefit the most by managing your illness with our recommendations below.

For individuals >18 years old who test positive for COVID-19 and are isolating at home, Huggins Hospital recommends that you consider the following regimen. Evidence shows that this regimen is helpful for those who have been diagnosed with COVID-19 and are well enough to manage their disease at home.

Vitamin D3 4,000 IU	Daily
Vitamin C 2000mg	Twice Daily
Quercetin 250mg	Twice Daily
Multivitamin (B Vitamins and Recommended Zinc)	Daily
*ASA 325mg ( <i>unless you shouldn't be taking it</i> )	Daily

Medications for Symptom Management (to take as needed per the labeled recommendations):

Tylenol <b>OR</b> Ibuprofen ( <i>unless you shouldn't be taking it</i> )	As needed for pain/fever
Cough Suppressant (ex: Mucinex or Robitussin DM)	As needed for cough
Antihistamine (ex: Loratadine or Benadryl)	As needed for runny eyes/runny nose

Our Huggins Hospital Care Coordination Team will be reaching out to you to assist you and to help monitor your COVID-19 symptoms. We recommend monitoring your oxygen saturation levels. We will offer you a SpO2 (pulse oximetry) monitor and provide instructions (below) for how to use it. Readings should be checked and recorded twice daily, and you should monitor for a downward trend.

- Use the index or middle finger
- Observe readings for 30–60 seconds
- Remove nail polish from the finger on which measurements are made
- Warm your cold extremities prior to measurement
- Complete the form to track your SpO2 results (form is part of this packet)

If you have any questions or concerns, you can call the COVID-19 Monitoring Program Care Coordination Team at (603) 515-2930.

Sincerely,  
*Your Healthcare Team at Huggins Hospital*

## Isolation Guide

**How to count isolation days:** Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

- 1. You must take precautions for 10 full days.** Isolation ends after 5 days as long as your symptoms are improving. You must still continue to wear a well-fitting mask for 5 more days.
- 2. If you tested positive for COVID-19 or have symptoms, regardless of vaccination status** stay home for 5 days and isolate from others in your home. You should wear a well-fitted mask if you must be around others in your home.
- 3. End isolation after 5 full days** after your positive test or, if you had symptoms, make sure you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. If your symptoms are not improving, you must continue isolation until you are fever free for 24 hours AND your symptoms are improving.  
  
**If you were severely ill with COVID-19** you should isolate for at least 10 days. Consult your doctor before ending isolation.
- 4. Take precautions until day 10.** You must wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel until day 10. Avoid being around people who are at high risk until day 10

# Oxygen Level Log

Use this log to keep track of your oxygen levels.

Date	Time	Oxygen Level (SpO2)	Other Symptoms
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		

Oxygen Level	Guidance
<b>Less than 94%</b>	Call 9-1-1 or go to your nearest emergency room immediately. This oxygen level is very concerning and may indicate a severe medical problem. You may also notify your Nurse Care Coordinator at (603) 515-2930.
<b>94% to 100%</b>	This oxygen level is normal. Walk around for two minutes and measure oxygen level again. If your oxygen level falls below 94% follow the instructions above.

## Discharge Instructions for Outpatient COVID-19 Program

### Discontinue Isolation:

- For **most adults**, isolation can be discontinued 5 days after positive test date or symptom onset and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms. This should be followed by 5 days of wearing a mask around others to minimize risk of infecting others.
- Some **severely immunocompromised persons** with COVID-19 may remain infectious beyond 20 days after their symptoms began and require additional SARS-CoV-2 testing and consultation with infectious diseases specialists and infection control experts

### Retesting:

A second test after your 5-day isolation is no longer recommended for most people. People who have tested positive for COVID-19 within the past 3 months and recovered, as long as they do not develop new symptoms, do not need to get tested.

### Infection Prevention:



Wash your hands often



Wear a mask



Cover your coughs and sneezes



Keep **6 feet** of space between you and your friends

### Symptoms:

Continue to monitor for symptoms and notify your provider if you have any.



**Vaccination:** You should get a COVID-19 vaccine or booster, even if you have already had COVID-19 because:

- Research has not yet shown how long you are protected from getting COVID-19 again after you recover from COVID-19.
- Vaccination helps protect you even if you've already had COVID-19.
- If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine.

For information about the vaccine please call our Vaccine Information Line at: 603.515.2932