

Source: Dr. Jamie Kauffman, DO – Updated 7/27/21

COVID-19 Post- Exposure At-Home Management

- If you have been exposed to COVID-19, be sure to isolate away from others, wash your hands frequently and clean frequently touched objects to help slow the spread
- Some vitamins/minerals/supplements can help the immune system fend itself from the virus
- Speak with your primary care provider before starting any medications or supplements. Seek medical care as necessary.
- Recommendations for adults, under 18 please speak to your doctor

1 **Pepcid 20 mg 1-2 times daily**
Connected with improved outcomes

2 **Mucinex 600 mg twice daily**
Thins respiratory secretions

3 **Zinc 25-50 mg twice daily for 5 days**
Use early in infection period

4 **Quercetin 250 – 500 mg twice daily for 5 days**
Helps the body use zinc

5 **Tummy Time**
To help improve outcomes and avoid intubation in patients. Lay on your stomach for 30-120 minutes 2-3 times per day. Legs can be slightly elevated for comfort

6 **Deep breathing and walking**

7 **ASA 81 mg**
If approved by PCP for DVT in combination with walking

8 **Vitamin B complex**
Improve post-COVID syndrome

9 **Omega-3 Supplement**
Improve post-COVID syndrome

10 **Eat potassium rich foods**
Bananas, Oranges, Tomatoes, Avocados, Potatoes



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