

# Preparing for back-to-work: WHAT IF I GET COVID-19?



## Conservative management and prevention

# WHAT ITEMS SHOULD I HAVE ON HAND?

### MASK



Worn when in public, in office or meetings, and when away from home.

### HAND SANITIZER



Use prior to eating and after touching face or contaminated surfaces.

### PULSE OXIMETER



Monitors blood oxygen levels. (Can be purchased online.)

### DIGITAL THERMOMETER



To monitor your temperature as often as needed.

## VITAMINS & SUPPLEMENT SUGGESTIONS

### Vitamin C

1000mg+ per day; good for immune system (used in combination with Quercetin)

### Vitamin D3

1000mg IU per day; good for boosting immune system

### Zinc

Zinc 50 mg 3 x per week; helps the body fight viral infections

### Quercetin

500 mg 2x per day; helps cells uptake Zinc amongst other postulated mechanisms.

*(Ongoing trials)*



## Medical management

# WHAT HAPPENS IF I TEST POSITIVE?

### TeleHealth Consultation

Download our free, convenient phone App



### Rest & Hydration



### In-Person Evaluation if Symptoms Worsen or Persist:

- Chest X-ray: assess for pneumonia and inflammation
- CBC: check white blood count for possible superimposed bacterial infection and inflammatory markers (if necessary)



### Social Distancing & Separation

← 6 ft. Away →

### Monitor Blood Oxygen Levels

Assure oxygen saturation stays above 92%



### Tylenol or Ibuprofen

To reduce fever and for body aches & pains.



WHAT AN URGENT CARE SHOULD BE...



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### Your Options (After Discussing With Your Provider)

- Additional outpatient management protocols
- For sicker patients:
  - Oxygen saturations below 90%
  - Persistent fevers above 101.5
  - Trouble breathing
  - Experiencing symptoms like chest pain, new confusion, bluish lips or face, etc.
- Hospital admission may be necessary for more complex treatment options. (To be determined with your healthcare team and your parents, next of kin or POA.)