

If you get COVID:

ADULTS:

Please contact your provider immediately so that we can assess you and start you on prescription medications if needed.

- Take Vitamin C 1-2 grams every 1-2 hours as tolerated.
- Vitamin D should be 50,000 IU per day for 3 days.
- Zinc 50mg daily.
- Vitamin A helps and should be around 6,000 IU for 3 days.
- Niacin 1000mg daily for 3 days.
- Quercetin 500mg twice a day for 7 days.

PROPHYLAXIS for COVID:

- Vitamin C 1-2grams three times a day.
- Zinc 30-50mg daily.
- Vitamin D3; 5-10,000 IU daily.
- Vitamin A 3000 IU daily.
- Niacin 100-300mg daily.

Multi is always good and don't forget your homeopathics. Mucococcinium is great for flu like viruses so is oscillococcinum

Don't forget VIRACID 2 caps per day for immune support. It does have a bigger boost of A to help with infections.

Things to do if you've been exposed to COVID-19

STAY HOME: Stay in Isolation for 14 days.

LIMIT PEOPLE IN YOUR HOME: If possible, stay in a separate bedroom and use a separate bathroom. Don't share bedding, towels, dishes, etc.

WASH YOUR HANDS OFTEN: Especially after you cough or sneeze into a tissue that you throw away immediately. Use soap and warm water, scrub for at least 30 seconds. If soap is not available, use an alcohol-based hand sanitizer.

CLEAN AND DISINFECT YOUR HOME EVERYDAY: Take special care to clean things that you handle with your hands, including doorknobs, remote controls, phones, light switches, refrigerator handles, etc.

You can learn more at the [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). If you have questions about a medical condition or these instructions, always ask your Healthcare Professional.