

Viral Care Measures

OTC:

- Mucinex - d (guaifenesin) during the day and Mucinex nightshift at night
- Vick's vapor rub on chest at night to prevent cough
- Recommend tissues with aloe to avoid nasal skin irritation

Supplements

- Start vitamin c 4000 mg every 1- 3 hours for up to 3 days, vitamin d 10,000 iu once daily for 3day, zinc 50 mg once daily for 3 days
- Then decrease to 5000 iu vitamin d daily and 4 g for vitamin c 4 x a day
- Once viral illness resolve Daily doses should be Vit c 2000- 5000mg, vit D 5000 iu daily, zinc 30 mg daily
- Consider elderberry use- shots, lozenges, pills. Some studies show it prevents Covid-19 (SARS2) from adhering to lung cells.

Nutrition

- Increase water intake to 64 oz- 1 gal per day of filtered water. May add lemon for taste, to increase thirst, as a natural diuretic or to help with weight management. If financially feasible, consider buying organic lemons and keeping rind in water (extra nutrients from flavonoid rich rind).
- Fruit- dark berries, apples, pineapple for cough
- Recommend increasing nourishing foods such as bone broth, fruits and vegetables.
- Should **avoid dairy products** as will increase mucus production, simple carbs will also increase inflammation.
- In some cultures, spicy food is used to break up mucus, decrease cough and relieve sore throat
- Recommend "Traditional Medicinal" -" herbal cold care" or "breathe easy" tea 2- 5 daily. can add lemon, honey (local if possible, to prevent allergies) and grated fresh ginger.

Sinuses

- Can use coconut oil, eucalyptus oil for sinus massage, on face/neck and armpits.
- Sinus drainage massage – separate hand out
- Recommend arm and hammer "simply saline" (hypertonic 3%) nasal spray- use up to 3 times daily for nasal and sinus lavage – may burn a little in the nose. Can do less frequently if bothersome
- Can also try humming to break up mucus in sinuses.

Throat

- Warm salt water gargles 3 x a day- take ½ cup of warm filtered water and add 1 Tbsp of salt, stir until dissolved. Place salt water in both and tip head back to gargle (making noise) for 5-10 seconds, and spit out. Repeat until solution is gone
- Can try honey or elderberry lozenges for sore throat

Self-Care

- Rest as much as possible, nap when needed but try not to lay down all day. Sit upright for several hours in between naps/rest times
- Deep breathing up to 10 x an hour while awake- may induce cough but that is a good thing, will prevent mucus from sitting in lungs and causing pneumonia
- Try to walk outside (even a short walk), 1-3 x a day, may consider wearing a mask if weather is cold

Hygiene

- Recommend hot/steamy showers with trying to loosen up and get rid of mucus. Once or twice daily
- Change clothes at least twice a day or more if coughing and sneezing over shirt
- Do not swallow mucus, spit into tissue and wash hands.
- Increase hand hygiene incidences
 - Always after touching mucus, before touching shared objects. hand sanitizer is ok if hands not visibly soiled.
- Recommend masking when out of home or with vulnerable populations for 10 days (elderly, immunocompromised, or babies)
- Change bed sheets daily if able, if not try to at least change pillow case nightly

Next Steps

Symptoms should improve over 3-5 days, but cough and sinus congestion and post nasal drip can last a month to fully resolve.

Go to Urgent care if worsening symptoms, fever

Go to ED for new SOB, chest pain



Dr Nurse Paula Education™
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