**IF YOU GET CORONAVIRUS**

*(Note: The following is information conveyed by an RN, not from an official CDC source or hospital. Please continue to look for more comprehensive resources. However, in the meantime this is very helpful.)*

Prepare as though you know you’re going to get a nasty respiratory bug, like bronchitis or pneumonia. You just have the foresight to know it’s coming.

Things you should actually buy ahead of time:

SUPPLIES & MEDICINE

* Kleenex,
* Acetaminophen (Tylenol) in 325 mg tablets, AKA Paracetamol
* DO NOT USE IBUPROFEN (ADVIL) - Some new studies are showing that taking anti-inflammatories used for pain or high temperature (Advil, Voltarol, Naproxi, etc) may cause negative symptoms including increasing the severity of infection in people with covid19. This is not yet confirmed. Please refer to current CDC guidelines for the most up to date information.
* Mucinex, Robitussin or whatever your generic cough medicine of choice is (check the label and make sure you're not doubling up on acetaminophen - some brands like DayQuil have it included and you don't want that).
* You want a cough medicine with both a cough suppressant and expectorant.
* Vicks vaporub for your chest is also a great suggestion.
* NOTE: For a fever over 101, alternate Tylenol 650 mg and Advil 400 mg so you’re taking a dose of one then the other every 3 hours.

TOOLS

* HUMIDIFIER - If you don’t have a humidifier, that would be a good thing to buy and run in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam).
* INHALER - If you have a history of asthma and you have a prescription inhaler, make

sure the one you have isn’t expired and refill it/get a new one if it is.

FOOD & WATER

* Drink A TON, hydrate hydrate hydrate.
* Rest lots. MEAL PREP This is also a good time to meal prep: make a big batch of your favorite soup to freeze and have on hand. Whatever your favorite clear fluids are to drink (Sprite, juice, ICE waters, Fresca, whatever floats your boat), stock your pantry with those.
* Maybe get some nice soothing tea too!
* For symptom management, use the meds I mentioned.

SELF-QUARANTINE: You should not be leaving your house except to go to thedoctor, and if you do, wear a mask (regular is fine, you don’t need an N95).

HOSPITALIZATION: You DO NOT NEED TO GO TO THE ER unless you are having trouble breathing or your fever is very high (over 103.5 F/39 C) and unmanaged with meds. 90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds. We don’t want to clog the ERs unless you’re actually in distress. The hospital beds will be used for people who actively need oxygen/breathing treatments/IV fluids.

MEDICAL CONDITIONS: If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants, now is a great time to talk to your PCP or specialist about what they would like you to do if you get sick. They might have plans to get you admitted and bypass the ER entirely.

KIDS: One major relief to you parents is that kids do VERY well with coronavirus— they usually bounce back in a few days, NO ONE under 18 has died, and almost no kids have required hospitalization (unless they have a lung disease like CF). Just use pediatric dosing of the same meds.

Just be calm and prepare rationally.