

COVID Recommendations

Pre-COVID Exposure/Infection:

*It is important for us to do everything we can to keep our bodies healthy and support our immune systems, especially now. Here are some basic aspects of a healthy lifestyle:

- Get at least 7-8 hours of sleep at night
- Eat a healthy diet
- Manage your stress
- Exercise routinely if you can
- Drink plenty of water

*Recommended supplements to boost immunity:

- VITAMIN D—Research is already showing that vitamin D deficiency is a risk factor for COVID. If possible, have your primary care provider check your vitamin D level at least once yearly to identify any deficiency. Even if you have never had your levels checked it may be valuable to take a maintenance dosage of Vitamin D daily as most are not receiving enough vitamin D through food and sun exposure. A good maintenance dosage is Vitamin D3 5000IU daily with food. You can buy this over the counter.
- ZINC—Recommended dosage is 15-30mg of Zinc once to twice daily for maintenance during this outbreak.
- VITAMIN C—Maintenance dosage for this is 1000mg of vitamin C once to twice daily.
- MULTIVITAMIN—Once daily.
- B COMPLEX--Good for immune function, brain health, energy, and more. I recommend getting a supplement that has “methylcobalamin and methyl-folate” and take once to twice daily.

Post COVID Exposure or during COVID Infection:

*Continue the above supplements, but increase dosages on the following:

- VITAMIN D Again, it is best to know your vitamin D level per testing from your primary care provider. Vitamin D toxicity is a possibility even if it is rare. A temporary high dosage can help boost your immunity. Increase the dosage of Vitamin D3 to 10,000IU daily while ill with COVID. Take with food until symptoms are improved then decrease to maintenance dosage of 5000IU daily.
- ZINC Increase to 50mg twice daily.
- VITAMIN C Increase to 1000mg every 3-4 hours while awake.
- NAC 600mg daily.

IF YOU HAVE COVID (OR SYMPTOMS OF COVID):

Anecdotal evidence has shown that some prescription medications may help decrease the severity of the disease and help people to avoid hospitalization, particularly when given early on in the disease. You can ask your primary care provider about current prescription options and their safety profiles. Please do not attempt to formulate a treatment plan by yourself.

There are not many primary care providers known in our area that will offer treatment and/or pharmaceutical intervention for COVID. If you are hoping to have access to treatment in the primary care setting you will need to establish care with a medical provider who is actively treating COVID. It may be helpful to establish care with one of these providers even while you are well in order to have the option for evaluation/treatment in case of future COVID infection. Please view Resonate Life's Facebook group for any postings on providers that our community has found to recommend.

**** If you have any questions or concerns please contact your primary care provider. For severe symptoms of infection, including difficulty breathing, seek urgent medical attention.*

References:

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