



Covid Early Treatment and Exemptions

Covid 19 Medical Exemptions:

- The clinic will be doing no medical exemptions.

Covid 19 Prescriptions:

- GNCHC is following CDC guidelines. Care between provider and patient are bound by HIPPA laws.

Covid 19 Home Self-Care Advice from the CDC:

- PT instructed to follow CDC recommendation for isolation to prevent spreading of the virus.
- Pt instructed to go to ER if:
 - Temperature is over 101
 - If respiration rate is more than 30 breaths per minute
 - Oxygen level lower than 92%, if cyanotic
 - If experiencing chest pain, chest pressure, shortness of breath, increased fatigue, increased dizziness, syncope, fainting and other unusual severe symptoms.
 - Hold medication if heart rate is lower than 60 beats/min or experience irregular heart beats and contact the medical provider immediately.
- Take Aspirin 325 mg daily to prevent blood clots

For a healthy immune system take daily.

- Vit C 1000 mg
- Vit D 2000 mg
- Vit A 25,000 IU
- Zinc 40 mg
- Selenium 200 mcg
- Magnesium 200 to 400 mg
- Quercetin 500 mg
- Garlic 9,000 to 18,000 mg
- Probiotics/yogurt/pickles
- Brazil nuts
- Fresh vegetables and fruits rich in antioxidants
- Fluids 8.5 cups
- Stay hydrated with Gatorade and liquids rich in salts
- Stay physically active to prevent clots formation
- Use frequent rest periods to preserve energy
- Those exposed to Covid 19 will be advised to quarantine as required by CDC guidelines.