

Dear Patient,

You have been tested for COVID-19 and your results have come back positive (“detected”). Now what? *There is no cure for COVID-19*; however, a number of therapeutic agents have shown promise for both the prevention and treatment of the disease. We know much more about treating the disease, proactively, than we did when the pandemic first began. It is likely that no single medication or supplement will be effective and that you will benefit the most by managing your illness with our recommendations below.

For individuals who test positive for COVID-19 and are isolating at home, Huggins Hospital recommends that you consider the following regimen. Evidence shows that this regimen is helpful for those who have been diagnosed with COVID-19 and are well enough to manage their disease at home.

Vitamin D3 4,000 IU	Daily
Vitamin C 2000mg	Twice Daily
Quercetin 250mg	Twice Daily
Multivitamin (B Vitamins and Recommended Zinc)	Daily
*ASA 325mg (<i>unless you shouldn't be taking it</i>)	Daily

Medications for Symptom Management (to take as needed per the labeled recommendations):

Tylenol OR Ibuprofen (<i>unless you shouldn't be taking it</i>)	As needed for pain/fever
Cough Suppressant (ex: Mucinex or Robitussin DM)	As needed for cough
Antihistamine (ex: Loratadine or Benadryl)	As needed for runny eyes/runny nose

Our Huggins Hospital Care Coordination Team will be reaching out to you to assist you and to help monitor your COVID-19 symptoms. We recommend monitoring your oxygen saturation levels. We will offer you a SpO2 (pulse oximetry) monitor and provide instructions (below) for how to use it. Readings should be checked and recorded twice daily, and you should monitor for a downward trend.

- Use the index or middle finger
- Observe readings for 30–60 seconds
- Remove nail polish from the finger on which measurements are made
- Warm your cold extremities prior to measurement
- Complete the form to track your SpO2 results (form is part of this packet)

If you have any questions or concerns, you can call the COVID-19 Monitoring Program Care Coordination Team at 603.515.2930.

Sincerely,
Your Healthcare Team at Huggins Hospital

Oxygen Level Log

Use this log to keep track of your oxygen levels.

Date	Time	Oxygen Level (SpO2)	Other Symptoms
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		
	AM		
	PM		

Oxygen Level	Guidance
Less than 94%	Call 9-1-1 or go to your nearest emergency room immediately. This oxygen level is very concerning and may indicate a severe medical problem. You may also notify your Nurse Care Coordinator at (603) 515-2930.
94% to 100%	This oxygen level is normal. Walk around for two minutes and measure oxygen level again. If your oxygen level falls below 94% follow the instructions above.

THANK YOU to Meredith Village Savings Bank and Richard and Michael Tasker for donations that help us provide pulse oximeters for our patients in order to support the health of our community.

Isolation Guide

If you have tested positive for COVID-19, or have symptoms of COVID-19, please follow these guidelines.

Stay home

Self-Isolation: You must stay at your home and avoid other people, including those you live with. You may not go out in public places - not even to the grocery store or to run errands. You may not visit with other people outside of your home, and you may not invite others into your house to visit.

Tell your close contacts

Household Contacts: Tell the people you live with about your COVID-19 infection. They must self-quarantine for 14 days starting the day after their last exposure to you and while you were able to infect them, which is usually for ten days from symptom onset (or 10 days from test date if you don't have symptoms). They can shorten the time they need to stay home by staying separate from you during your isolation period. See guidance from CDC on when to start and end quarantine. You should clean your home and follow CDC recommendations to protect others.

Other Close Contacts: We encourage you to tell any people who you were within 6 feet of for more than ten minutes from two days before you developed symptoms (or two days before your test if you don't have symptoms) through your last day of isolation. These people must self-quarantine for 14 days following their last exposure to you while you were able to infect them.

All close contacts should get tested for COVID-19, even if they don't have any symptoms. They should get tested ideally 5-7 days after their exposure to you, however, testing negative does NOT allow them to end quarantine prior to completing their 14 day quarantine period. Testing options are listed on the [nh.gov/COVID19](https://www.nh.gov/covid19) website.

If you have questions about telling your close contacts or if you think you may have become ill as part of a potential outbreak, please call the NH Department of Health and Human Services at 603.271.4496.

Discharge Instructions for Outpatient COVID-19 Program

Discontinue Isolation:

If you had Symptoms of COVID



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved

If you did **NOT** have Symptoms of COVID



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test

Retesting: A second test after your 10-day isolation is no longer recommended for most people. It is likely the test will show up as positive, even long after you feel better and are done with isolation.

Infection Prevention:



Wash your hands often



Wear a mask



Cover your coughs and sneezes



Keep **6 feet** of space between you and your friends

Symptoms:

Continue to monitor for symptoms and notify your provider if you have any.



Vaccination: The vaccine is available to patients who have tested positive for COVID-19 once they qualify according to the state's vaccination roll-out phases.

For information about the vaccine and when it might be available to you, please call our Vaccine Information Line at: 603.515.2932.