

COVID-19

Patient Education

You have been tested for the novel coronavirus, COVID-19, and your doctor has decided to start you on treatment. Please follow the instructions below. Once we receive your test results, you will receive a call from our healthcare team. At that time, you will be given further instructions regarding your therapy.

Patient Instructions:

- Take all medications as prescribed by your doctor
- Lie in the prone position for ≥ 3 hours per day
- Quarantine at home for at least 14 days
- Call your doctor if any of the following occur:
 - Drop in incentive spirometry $\geq 50\%$ from baseline
 - Pulse oximetry $\leq 90\%$
 - New onset fever $\geq 101^\circ\text{F}$
 - Worsening of cough, shortness of breath, or wheezing
 - Abnormal heart rhythm
 - Intolerable adverse effects to medications

Prone Position



Prescribed Medications:

- Hydroxychloroquine 400 mg by mouth twice daily x 1 day, then 200 mg by mouth twice daily x 4 days
- Azithromycin 500 mg by mouth daily x 1 day, then 250 mg by mouth daily x 4 days
- Ascorbic acid (vitamin C) 500 mg by mouth twice daily x 5 days
- Zinc 220 mg by mouth twice daily x 5 days
- Atorvastatin 20 mg by mouth daily x 30 days (or continue home statin therapy)
- Acetaminophen 325-500 mg by mouth every 6 hours as needed for pain/fever
- Albuterol HFA 90 mcg/inh. 2 puffs every 4-6 hours as needed for shortness of breath/wheezing
- Anti-nausea medication: _____