

ADULT ACUTE CARE PLAN: Upper Respiratory Viral Infections

This plan is intended for short-term use while you are symptomatic or recovering. These supplements and dosages are not intended for long-term use unless otherwise directed by your doctor. Follow dosing guidelines included here and disregard the manufacturer's directions found on the packaging.

Contact the office for any clarification at (253) 752-2558. These guidelines are in no way to be considered cures for COVID-19.

Go to the ER if you need more support and treatment. Please call the ER first if you are presenting with signs of COVID-19: 100.5 or more temp, dry cough, shortness of breath.

Purpose	Medication	Instructions
Immune Support	Vitamin C	1000-2000 mg 3-4 times/day (use to bowel tolerance)
	Vitamin D3	20,000 – 50,000 IU daily (2 weeks max)
	Immuno-Caps/Plus Thymus Super Bio-Vegetarian	2-4 caps 3-4 times/day especially in the evening (early evening and before bed)
	Zinc Orotate (51mg)	1 cap 2 times/day
Antiviral Support	Antiviral (3/4) + Sambucus Syrup (1/4)	3 Squirts in water 3-4 times/day
Fever Reduction	Cal Mag	1 cap every 15 minutes until fever reduces (up to 1 degree possible) (max of 8 caps/day if bowel tolerance)
Lung and Cough Support	NAC	1-2 caps 2-3 times/day
	Cough Elixir II (3/4) + Kava Glycerite (1/4)	1-2 squirts directly in mouth as needed to calm cough (max of 12 squirts per day)
Thin Mucous	Steam Inhalation	Boil 2-4 cups of water. Remove from heat. Add 3-6 drops of eucalyptus or thyme essential oil. Lean over mixture, cover head with a towel, and breathe in steam for 5-10 minutes. Close eyes if fumes are irritating.
Stimulate Immune System and Enhance Circulation	Spa Therapy Aim for 3 times/day following gentle exercise	Hot shower (plug the drain) followed by 3-5 second cold rinse to torso. It's best to repeat one or two more rounds of hot-cold prior to completion. Immediately following the last cold application, bundle up and rest without for at least 30 mins. Note: A children's bath or towel treatment option is available upon request
	Exercise	Exercise gently with a walk (immediately follow with spa therapy)
To Stay Hydrated & Thin Mucus	Water (with sea salt to taste)	Drink 3-4 quarts a day (or 1-2 cups every hour) Drink enough fluids to urinate every two hours.
Nutrition	Diet: Semi-fasting (until acute phase is over)	Consume soup/broth and diluted fruit juices with sea salt to taste. As you recover, add cooked vegetables, rice/quinoa and as appetite returns, add fish and lean meats. Avoid spice, sweets, stimulants, dairy, eggs, citrus, meats, starches (wheat, corn, potato), and any foods that are mucous producing or hard to digest.
Rest	Sleep/Rest	12-14 hours a day (including naps which are best taken after a spa therapy)