



COVID-19 Infection Self Care Instructions

Please see the information and instructions below to provide care for yourself during your COVID-19 isolation period. The medications/supplements recommended below will assist body in fighting the COVID-19 virus.

Helpful information:

- **Diet:** Eat healthy and balanced meals. Increase fluid intake, which will help to lower your temperature, replace fluids lost through fever and help to keep mucous thin. If your stomach is upset, limit your diet to clear liquids until symptoms improve. Clear liquids include tea (with sugar or honey if desired), coke, ginger ale, 7-Up, popsicles, Jell-O, bouillon, or chicken broth. Under no circumstances should you share the use of glasses, cups, etc. with others.
- **Rest:** The body needs rest to direct energy toward the production of antibodies.
- **Fever:** The CDC considers a person to have a fever at **100.4° F (38° C) or greater.**

Medications for symptom relief: These should not be combined with alcohol. Read the label before taking any over-the-counter medications for information on potential side effects and potential interactions with other medication. Many over the counter medications (non-prescription) contain the same ingredients and should not be taken together. If you have any questions regarding this, you should ask your health care provider or a pharmacist.

What Over the Counter Medications Should I Take?

- ❖ **Body aches, headaches, fever:**
 - Acetaminophen (Tylenol) 325mg- take 2 pills by mouth (650mg) every 6 hours as needed for temperature greater than 100.1
 - Ibuprofen (Advil) 200mg- 400mg by mouth (400-600mg) every 4 - 6 hours as needed (**Take with food**); **do not exceed 3200mg/day**
- ❖ **Nasal congestion (stuffy nose):**
 - Phenylephrine (Sudafed PE) 10mg - take 1 tablet by mouth every 4 hours as needed
 - Pseudoephedrine (Sudafed) 30-60mg by mouth every 6 hours as needed *only available with ID and signature at the pharmacy counter*
 - Saline nasal spray – use as directed

Student Health Services

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