

## Symptoms of COVID-19, Staying Safe and Boosting Your Immunity

With the Coronavirus/COVID-19 pandemic expanding in our area, it's important to know both the signs of infection, as well as ways to boost your immunity. While the recommendations vary as we learn more about the infection, stay up to date on the [guidelines from the Centers for Disease Control \(CDC\)](#).

### What are the Symptoms of COVID-19?

While there appears to be evidence of a variety of symptoms that mimic the seasonal flu, such as runny nose, aches and pains, sore throat, and occasionally loss of smell or taste, there are three main symptoms to watch for:

- Fever – 100.8 or higher
- Cough
- Shortness of breath

These symptoms may appear anytime within 2-14 days after your exposure to the virus. If you have any of these issues, begin self-isolation, and **call** your medical provider for guidance.

However, there are a few emergency warning signs where you should **seek immediate medical attention**:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

### Staying Safe

There is currently no cure and no vaccine for COVID-19. Your best medicine is prevention. Most of the country finds themselves under “stay at home” orders, meaning unless you're going out for essential goods and services, you should remain secluded at home. However, there are times when you need to go out – to the grocery store, pharmacy, or other essential services. In those cases, you can protect yourself by:

- Maintain 6 feet of distance between you and the next person
- Avoid groups of more than 3
- Frequent hand washing
- Use hand sanitizer when hand washing isn't available
- Don't touch your face, mouth, or eyes
- Wear [cloth face coverings](#) if you are a high-risk person, or in a hotspot

## Boosting Immunity

In addition to staying home, you can use certain supplements to boost your immunity. This not a replacement for medical care, please check with your doctor before beginning any supplement regimen.

These supplements may help give you an immune boost:

- Vitamin C
- Vitamin A
- Vitamin D\*
- Zinc Acetate oral lozenges
- Garlic
- Echinacea
- Probiotics\*
- Digestive Enzymes\*

\*Our office offers supplements from Optimal Health Systems that are formulated for optimum absorption, please [contact us](#) for details.

In addition, the three biggest things you can do to protect yourself are:

- Get plenty of sleep to rest and heal
- Decrease or eliminate processed foods
- Reduce sugars to 50 grams or less per day

These last three items are good at any time, not just during a pandemic, or seasonal flu season. They will help increase your overall wellness!

Be safe, be well!