



**TAKE TWO HEALTH**

**SAFE  
ZONE**

**Where Your Doctor Works for YOU!**

Dr Leto Quarles MD \* 2503 Walnut St #200 \* Boulder CO 80302 \* 303-557-2250 \* [www.taketwohealth.com](http://www.taketwohealth.com)

## **CORONAVIRUS (COVID-19): IF YOU GET SICK**

- Don't panic. - Stay home. - Don't go to the ER. - Call your doctor.
- Currently, testing is available but may take several days to get results. Find a testing site near you at <https://covidtest.colorado.gov/map> (all Colorado) or <https://www.bouldercounty.org/families/disease/covid-19/testing/> (Boulder County).
- Immediate treatment and quarantine decisions are made based on symptoms.
- **Support your immune system:** Drink extra water. Get lots of sleep. Eat healthy. Don't stress. Do get fresh air, sunlight and exercise. Avoid alcohol, tobacco, and illicit drugs.
- The same common remedies and self-care that get you through a chest cold are still the best things to do:
  - ◆ Hydrate well.
  - ◆ **Zinc lozenges** or **supplements** (50mg twice a day) may reduce inflammation caused by the virus.
  - ◆ **Tylenol, rather than ibuprofen**, is the safest bet for a fever-reducer unless you have serious liver problems.
  - ◆ Use over-the-counter remedies are generally still safe to use.
  - ◆ If you have asthma, use your inhalers as needed.
- There are some preliminary new treatments making the news, but each one is only appropriate in specific circumstances. In general, most average-risk folks who aren't severely ill do **not** need to take these new medicines. Still, each situation is unique, so **talk to your doctor - especially if you are at higher risk.**
- If you are on a major immunosuppressant like chemotherapy, or biologic drugs for autoimmune disease, it's important to talk with your specialist, because the balance between controlling an underlying problem versus being more susceptible to new infection is different for every individual.
- If you are ill, certain medications may also need to be temporarily stopped or replaced, so talk to your doctor about any medications you are taking.
- Call when you have questions or aren't sure what to do.
- If you can't get a breath in, can't speak in full sentences without losing your breath, can't stay awake, are getting confused or delirious, or aren't able to drink and hold down fluids, it's time to go to the ER.

**TAKE TWO HEALTH**

**Where Your Doctor Works for YOU!**

Dr Leto Quarles MD \* 2503 Walnut St #200 \* Boulder CO 80302 \* 303-557-2250 \* [www.taketwohealth.com](http://www.taketwohealth.com)