

This was shared on a Covid survivor group.

### HOW TO FIGHT COVID AT HOME

No one ever talks about how to fight Covid at home. I came down with Covid in November. I went to the hospital, running a fever of 103, a rapid heart beat, and other common symptoms that come with Covid. While I was there they treated me for the high fever, dehydration and pneumonia.

The doctor sent me home to fight Covid with two prescriptions - Azithromycin 250mg & Dexamethason 6mg. When the nurse came in to discharge me, I asked her, "What can I do to help fight this at home?" She said, "Sleep on your stomach at all times with Covid. If you can't sleep on your stomach because of heath issues sleep on your side. Do not lay on your back no matter what because it smashes your lungs and that will allow fluid to set in.

Set your clock every two hours while sleeping on your stomach, then get out of bed and walk for 15-30 min, no matter how tired or weak that you are. Also move your arms around frequently, it helps to open your lungs. Breathe in thru your nose, and out thru your mouth. This will help build up your lungs, plus help get rid of the Pneumonia or other fluid you may have.

When sitting in a recliner, sit up straight - do not lay back in the recliner, again this will smash your lungs. While watching TV - get up and walk during every commercial.

Eat at least 1 - 2 eggs a day, plus bananas, avocado and asparagus. These are good for Potassium. Drink Pedialyte, Gatorade Zero, Powerade Zero & Water with Electrolytes to prevent you from becoming dehydrated. Do not drink anything cold - have it at room temperature or warm it up. Water with lemon, and little honey, peppermint tea, apple cider are good suggestions for getting in fluids. No milk products, or pork. Vitamin's D3, C, B, Zinc, Probiotic One-Day are good ideas. Tylenol for fever. Mucinex, or Mucinex DM for drainage, plus helps the cough. Pepcid helps for cramps in your legs. One baby aspirin everyday can help prevent getting a blood clot, which can occur from low activity. "

Drink a smoothie of blueberries, strawberries, bananas, honey, tea and a spoon or two of peanut butter.

We always hear of how Covid takes lives, but there isn't a lot of information out there regarding how to fight Covid. I hope this helps you or someone you know, just as it has helped me.