

Early Intervention for COVID-19

Signs and Symptoms of COVID-19:

- 1 Fever
- 2 Tiredness
- 3 Dry Cough
- 4 Difficulty Breathing

Early Intervention Packet:

- 1 Guaifenesin (Mucinex)
- 2 Pulse Oximeter
- 3 Acetaminophen (Tylenol)

Should you develop a cough, these are the next steps:

1. Begin taking Guaifenesin (Mucinex)

What is Guaifenesin (Mucinex)?

Guaifenesin is used to thin mucus to help you clear your head, throat, and lungs

When should I not take Guaifenesin (Mucinex)?

DO NOT TAKE IF: Cardiovascular Disease, Diabetes, BPH, Glaucoma

DO NOT TAKE IF TAKING THESE MEDICATIONS: Phenylephrine, Albuterol, Cymbalta

Contact your Doctor or local Pharmacist if you are unsure or have further questions.

Download this FREE App to make sure your medications don't negatively interact: **Drugs.com Medication Guide**

Available on Android/iOS

How much should I take?

You can take 2, 600mg tablets every 12 hours

Max dosage: 2400 mg every 24 hours

2. Monitor your O2 Saturation, this is IMPORTANT to monitor

The more mucus you have → more difficult it is for your lungs to move the oxygen into your blood → causing a decrease in your Blood Oxygen Saturation (SpO2)

How can I monitor my O2 Saturation?

With a Pulse Oximeter

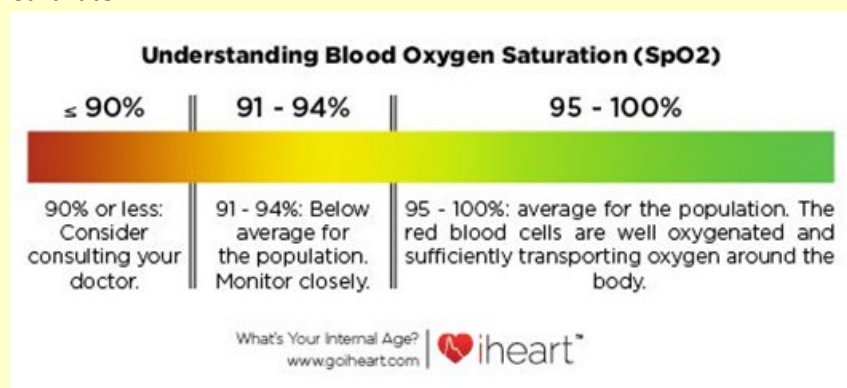
What is a Pulse Oximeter?

An electronic device that measures the amount of oxygen in your blood

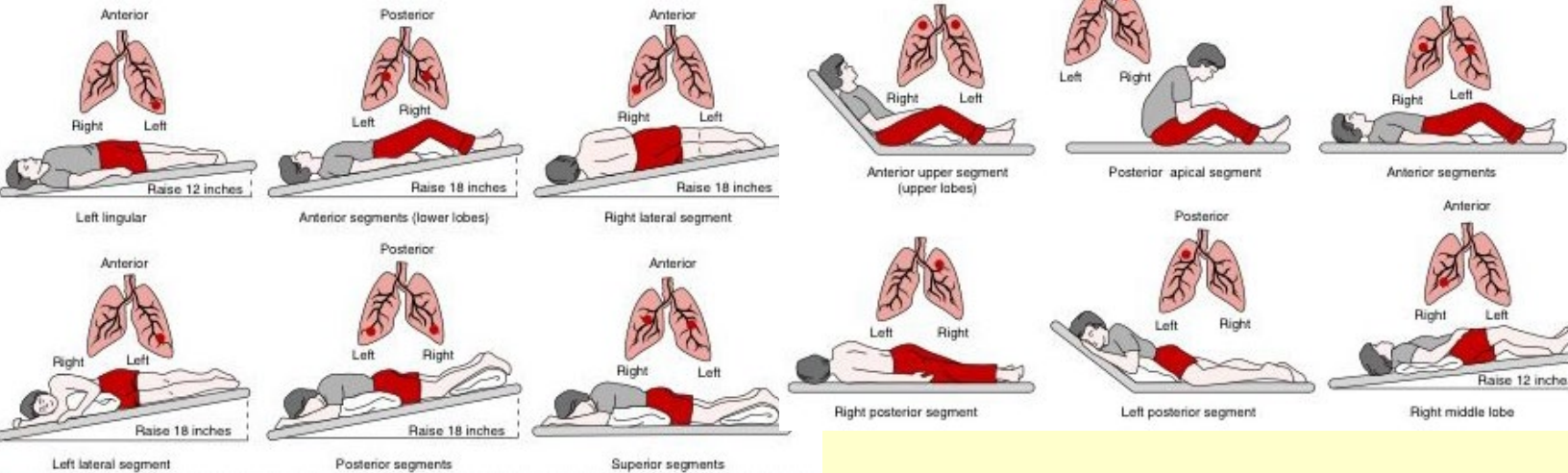
How do I use and read the Pulse Oximeter?

Look at the SpO2 % to see if your lungs are exchanging oxygen appropriately for your body

The **bpm** = beats per minute is your heart rate



3. Try these positions at home if you are having trouble removing Congestion from your lungs:



Should you develop a fever, these are the next steps:

4. Take Tylenol, or another anti-fever medication recommended by your Doctor

What is considered a normal temperature?

	95° F OR BELOW	95.1° F - 96.9° F	97° F - 98.6° F	98.6° F - 100.4° F	100.4° F - 103° F	103° F OR ABOVE
ADULTS	Hypothermia SEEK CARE	Low but possibly normal	Normal	Normal or low grade fever	Fever	High fever CALL YOUR DOCTOR
CHILDREN	Hypothermia SEEK CARE	Low but possibly normal	Normal	Normal or low grade fever	Fever	High fever CALL YOUR DOCTOR
BABIES <small>Less than 3 months old</small>	Hypothermia SEEK CARE	Low SEEK CARE	Normal	Low grade fever	Fever SEEK CARE	High fever SEEK CARE

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What is Acetaminophen (Tylenol)?

Acetaminophen is used to reduce fever, aches and pain

When should I not take Acetaminophen (Tylenol)?

DO NOT TAKE IF: Liver Disease, Alcoholism, PKU

DO NOT TAKE IF TAKING THESE MEDICATIONS: Carbamazepine, Isoniazid, Rifampin, drinking Alcohol, Cholestyramine, Warfarin

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