What Helped Me Cope with COVID-19: Clinically

Lori Nicholson

What Helped Me Cope with COVID-19: CLINICALLY

- LOTS and LOTS of water.

- Drinking warm water with lemon. Gargling with warm water with lemon; and with warm water with salt.

- Resting, with frequent changes of position.

- Having a pulse oximeter to be able to check my oxygenation regularly throughout the day.

- Using heating pad on front and back of lungs.

- PRESCRIPTIONS: Albuterol inhaler (got pulse ox back up into the 96-98% range); Amoxicillin.

- Mucinex: 2x/day (12-hour formulation): only as-needed for a few days.

- Extra Strength Tylenol: only when had a pounding headache or when fever really spiked.