

COVID 19



This product is intended to provide basic health care information. It is NOT intended to diagnose, treat, cure, or prevent any disease. The following information is NOT intended to replace your medical providers or services

VITAMIN C

Vitamin C will help you overcome viral illnesses and is vital for immune system cell function. It is a potent anti-oxidant and will help prevent damage at the cellular level.

OXYGEN

Check your saturations with a pulse oximetry. SARS CoV2 attacks lung cells and can damage the exchange of oxygen in the lungs. If your oxygen falls below 91% you may need supplemental oxygen and should seek medical attention immediately. Pulse Oximeters can be purchased at your local pharmacy.

VITAMIN D

See your doctor and get your levels checked today! Low vitamin D levels can reduce the immune system's ability to fight infection and has been linked to higher risk of worse outcome with COVID19. Give your body the best chance to fight COVID and supplement according to your doctors recommendations.

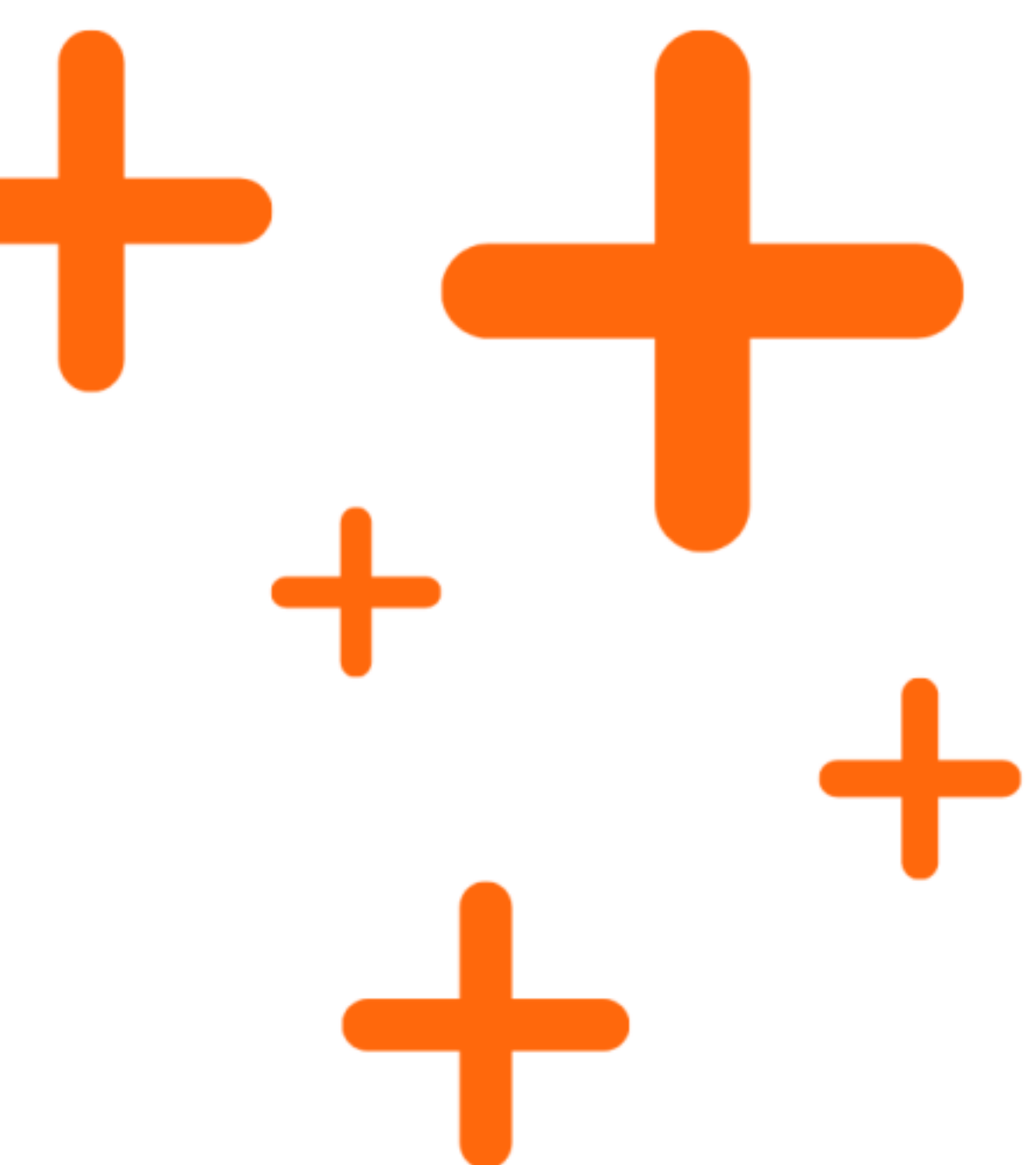
INHALED STEROIDS

Studies have shown that inhaled steroids may prevent hospitalizations and may also reduce the chance of needing a ventilator with COVID19. Inhaled Steroids require a prescription and a discussion with your doctor or primary care provider. Steroids are not right for everyone, but may be an important choice for some patients.

DIETARY INTERVENTIONS

Magnesium and Zinc are critical in fighting viral infections. Zinc has been shown to help reduce symptoms in other viral illnesses as well. Both Magnesium and Zinc are known minerals that require good dietary intake to maintain the immune system and other functions in the body.

We are treating COVID19 patients at RISE: This list is not comprehensive of every aspect of COVID19 treatment or prevention. These tips are just some of the many things that have been evaluated in patients over the past 2 ½ years of the COVID19 pandemic and have shown significant data. There are NO guarantees in life or in treatment of COVID19, but it is encouraged to discuss your diagnosis of COVID19 with your doctor today. At RISE Direct Primary Care, we are LEADING YOU TO BETTER HEALTH! Become a Member and schedule your appointment today.



References:

1. <https://ods.od.nih.gov/factsheets/COVID19-HealthProfessional/#h16>
2. Allergy. 2022; 77:1373-1388
3. Cochrane Systematic Database Reviews. Issue No. 3 Art. No.: CD015125.



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