



## Here are some OTC treatments options you can try

1. Everyone (even those healthy) should be using **nasal saline** 2x per day, consider this hygiene. It will help rinse the area where any virus begin to multiply. You may use as often as you'd like.
2. With the start of symptoms, begin **Flonase**, or generic Fluticasone (once per day and not within 30 minutes of nasal saline) or other sinus steroid. It will reduce inflammation and post nasal drip, decreasing cough and sore throat. This will take 2-3 days to reach therapeutic levels.
3. Try an OTC non-sedating antihistamine such as Claritin, Allegra or Zyrtec; take once per day. This may help decrease your congestion symptoms. This will take 2-3 days to reach therapeutic levels.
4. OR- Treat your symptoms with over-the-counter cough/cold medication (DayQuil, NyQuil, generics, whatever you prefer), but use as directed.
5. REST/HYDRATE/WASH YOUR HANDS/WEAR A MASK TO PROTECT OTHERS/PRACTICE SOCIAL DISTANCING.

**\*\*Do not take any of these suggested medications if you have a known allergy or reaction to these or similar medications\*\***

CDC GUIDELINES: People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.

CDC GUIDELINES FOR THOSE **WHO HAVE BEEN EXPOSED** AND ARE UNVACCINATED OR 6 MONTHS OUT FROM THEIR 2ND mRNA DOSE AND NOT BOOSTED OR 2 MONTHS AFTER THE J&J: Quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.

- **If you still wish to see a provider; please call 208-354-6323 to schedule an in-office appt or a telehealth appt.**
- **If you tested positive; please expect a call from East Idaho Public Health. Covid is a reportable disease.**

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