

Home Medical Management Plan for Mild Covid-19 by Dr Sandhya Ramanathan

See: <https://youtu.be/2ZoBb-ngk5k> for full video that the notes below refer to.

See also the following Ministry of Health Videos: How to Isolate at Home <https://youtu.be/s7G-TPGJDM> and Manage your COVID symptoms at home: https://youtu.be/l0dkKoR_cF0

In some countries access to COVID-19 testing and hospital beds is becoming limited. In this video, I prescribe and demonstrate an active home management plan divided into three categories (priming immunity, reducing viral load and breathing exercises/positioning) which will help you optimally manage a mild case of coronavirus at home and prevent it becoming severe. Seek medical advice virtually as soon as you fall sick as a course of antibiotics may be indicated early on in the course infection depending on local protocols.

Recommended equipment to have at home:

1. Pulse oximeter: normal range 95-100%. Seek urgent medical help if it drops below 93% or you develop shortness of breath. Monitor oxygen sats daily for the first 14 days of the illness.
2. Medium to Large sized Latex balloons
3. Drinking straws

Priming Immunity:

1. Eat healthy whole foods (avoid processed food, alcohol and sugary drinks)
2. Stay well hydrated with water
3. Sleep 8 hrs a night
4. Stay calm with a positive mindset
5. Immune supplements taken daily: Zinc, Vitamin C, Vitamin D and other optional ones e.g. turmeric, echinacea, etc

Reducing viral load:

1. Betadine or saline gargles twice daily
2. Saline nasal spray or drops with a few drops betadine in it twice daily
3. Saline nasal rinse in a soft squeezable bottle as needed (250ml cooled boiled water, 1/2 tsp bicarbonate soda, 1/2 tsp salt +/- few drops betadine)
4. Steam inhalation with Vicks especially if having loss of smell
5. Nasal decongestants eg. Otrivin nasal spray, phenylephrine, antihistamine tablets also helpful

Breathing exercises:

1. Box breathing: 3 seconds breathe out and hold and then 3 second inhale and hold. Focus on complete exhale to empty lungs and then deep inhalation after that will be reflex and optimise oxygen intake.
2. Blowing balloons while seated which creates positive end-expiratory pressure similar to that created in mechanical ventilation.
3. Blowing bubbles through a straw into a glass of water will also be helpful
4. Prone sleeping to avoid the collapse of air spaces at lung bases

Take paracetamol for pain or fever.

Stay calm and stay healthy and safe.



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