
COVID Mitigations Going Forward

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It is important to continue taking precautions to prevent re-infection after COVID, and improve upon them if you're able to. Below are some prompts to get you thinking, with some space for writing your own/jotting notes.

For more COVID mitigation tips, visit:

PeoplesCDC.org, COVIDHelp.org, WeHaveTheTools.neocities.org

Masks:

How can I improve upon the masks I wear?

Are there any gaps in my mask routine to address?

Social Precautions:

What are some activities or hobbies I enjoy, and how can I make them safer for myself and my community?

Talk to loved ones about safe(r) activities and precautions you'd like to take together such as masking indoors or testing before plans

Outdoor, physical distancing; remote hangs and phone calls

Ventilation/Cleaner Air:

What spaces do I regularly spend time in? Do they have good ventilation and air purifiers? Can windows be opened? Who would I need to talk to to implement changes to the air quality at work/school/etc?

Vaccines:

Am I up to date on my vaccines/boosters?

When should I pursue my next round or dose?

COVID+ Workbook

What to do before, during, and after an infection

Read this guide before you get COVID, so you can feel prepared and focus on rest and recovery rather than the logistics that can be difficult to navigate when dealing with an illness.

This workbook is inspired by a guide made by the group Clean Air Club.

Check out their great work here: <http://CleanAirClub.org/>

For more resources/links/studies, visit my website: WeHaveTheTools.Neocities.org

I also recommend: <http://PeoplesCDC.org/> and <http://COVIDHelp.org/>

Before an infection occurs

My primary care provider (PCP) is:

(name, address, phone number)

My health insurance info is:

(card number, phone number)

My nearest in-network (if applicable) emergency room is:

(name of facility, address)

I can get a PCR test at:

(location, pricing/insurance/pre-requisites needed?)

Reliable friends/family nearby who can pick up supplies I may need, drive me to the ER, etc:

name/phone number

My plan for my usual responsibilities during my 10+ days* of isolation:

(Requesting off work/school/etc, child or elder care, household chores)

**Although the CDC has reduced their recommended isolation period, this was informed by their alignment with capital, not by science. There has been no change to the virus or our public health infrastructure to support any reduction in the 10 day isolation period originally recommended. More on charting your isolation period on page 3; but keep this in mind (and your sources handy) when negotiating with employers and others in order to prevent spread of the virus (and to ensure adequate rest during your recovery)*

Before an infection occurs

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Tools and Medications I would like to have in the house, just in case:

Infection control for my household:

- Air Purifier(s) with HEPA filtration
- Fans
- High quality masks (N95, KN95, or better) for myself and those I live with
- Cetylpyridinium Chloride (CPC) Mouthwash (for myself and/or others)
- Antiviral nasal spray (for other household members)
- Disinfectant sprays, hand sanitizer, soap
- Other:

Symptom Management and Tracking:

- RAT (Rapid Antigen Tests)
- Thermometer
- Pulse Oximeter
- Preferred OTC pain, flu, cough medications
 - Ibuprofen, Aleve (NSAIDS for pain management)
 - Acetaminophen (Fever reducer, pain, headaches)
 - Nyquil (fever reducer, pain, sleep aid)
 - Cough drops, throat spray for sore throat
- Humidifier
- Neti Pot with Saline packets/distilled water
- Ice Packs
- Heating pad
- Other:

Food and drinks that I enjoy and/or help when I'm sick

- Easy to heat up soup, broth, ramen
- Crackers, bread, starches
- Electrolyte-enhanced drinks/drink mixes for hydration
- Sugar-free fruit-based popsicles
- Soothing herbal teas (chamomile, valerian root, ginger, throat-coat)
- Other:

After the Acute Phase of COVID-19

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- Continue to track symptoms and medications, even if they are improving/do not seem remarkable

Some symptoms to be aware of:

- **Respiratory and heart symptoms:**
Consistent cough, Shortness of breath, Difficulty in breathing, Rapid breathing AKA palpitations of the heart, Acute chest pain
- **General symptoms:**
Fever, Fatigue, Tiredness, Muscle pain
- **Neurological symptoms:**
Needle like feeling on the skin, Change in smell, Change in taste, Throbbing headache, Change in sleep patterns- insomnia and hypersomnia, Brain fog, Depression, Anxiety, Lightheadedness and dizziness especially while standing up
- **Digestive Symptoms:**
Recurring diarrhea, Constant stomach pain, Loss of appetite
- **Other symptoms:**
Change in menstrual cycle, Joint pains, Muscle pains, Rashes occurring randomly across the body

- Schedule an appointment with primary care doctor to obtain labs
Some Labs that may be recommended/you may want to pursue:
 - Vitamin D, Calcium levels
 - Glucose, Cholesterol (be aware of inflammation, clotting)
 - Neuro-function tests (if neurological symptoms are present)
 - Chest scans (if respiratory symptoms occurred)
- Continue to prioritize rest, allow slower pace for activities and work
- Other ways to take care while I recover:

During Acute COVID-19 Infection

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Day 0-1

- Isolate, mask, and prepare the room you'll be staying in
- Begin tracking symptoms (see page 4)
- Make telehealth appointment with primary care doctor (if possible)
 - Obtain rX medications such as Paxlovid if recommended
- Take medications as needed, drink fluids, eat if you're able to!
- Notify household members and anyone you were in contact with during infectious period (2 days before symptoms began or positive test)
- Arrange for time off from school/work/responsibilities
- Prioritize rest; avoid strenuous activity. Sleep.

During the First week:

- Continue radical rest
- Continue medications and symptom management
- Continue tracking symptoms and test positivity

Day 9-10

- Prepare to end quarantine:
 - Symptoms greatly improved?
 - No fever for >24hrs without fever reducing medication
 - No advice from doctor to otherwise continue isolating

Day 11

- If the above three boxes are checked, you can resume normal activities
- Optional: some prefer to take a rapid test before breaking isolation. If this is accessible to you, it's a great way to ensure you are no longer contagious.

After isolation has ended

- Schedule checkup and lab work with primary care provider
- Refrain from moderate-to-vigorous exercise, continue to prioritize rest
- Take post-Covid medications for immune support, anti-clotting, and antiviral management
- Consider what precautions you were taking before becoming infected. Is there anything that can be improved upon going forward?
IE: utilizing higher quality masks, more consistent masking, ventilation/air purification, avoiding crowds, etc. More COVID mitigation tips at: [PeoplesCDC.org](https://www.peoplescdc.org) [COVIDHelp.org](https://www.COVIDHelp.org), [WeHaveTheTools.neocities.org](https://www.WeHaveTheTools.neocities.org)
- See page 7 for additional post-COVID recommendations

After a known exposure and/or symptoms occur

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Prepare to quarantine

- Put on an N95/Kn95 or greater
- Open windows, run air purifier/fans, close door to the room you will stay in
- Contact others in your household to let them know of the potential infection

Testing and symptom tracking

- Arrange for a PCR test: immediately and/or 3-5 days post-exposure
(if you were exposed Monday, take a test Thursday, Friday or Saturday)
- Take Rapid Tests: Immediately+1 day after and/or 3-5 days post-exposure.
(RATs aren't the most accurate, but can be more accessible than PCRs)
- Record exposure date (if known), symptom start date (if symptomatic), and positive test date

Quarantine after exposure

Incubation period for COVID19 can vary greatly - from 3-5 days to up to 2wks. If you were exposed and have symptoms, you likely do have COVID and should obtain a PCR test to confirm. If you do not have symptoms, you can follow this timeline to "test out" of quarantine:

Day 0: Last exposure date

Day 5: PCR test negative (or negative rapid tests on days 5 and 6)

Day 7: Still no symptoms (no use of fever reducing medication), tests all negative.

Day 8: End quarantine. Wear a mask, track any new symptoms for the next week.

Day 9-14: If symptoms occur, resume quarantine and test.

Isolation during known or presumed infection

Unfortunately, testing is both inaccessible and varies in accuracy – especially RATs and current COVID19 variants – so there are certainly situations where one KNOWS they have COVID19 but cannot prove it with a test. If you can isolate, rest, and do everything you need to recover: DO IT. There is no harm and should be no shame in taking care of yourself when you are sick, or preventing the spread of an illness.

Day 0: First day of symptoms or first positive test (whichever came first)

Day 0-9: Track symptoms, take meds, isolate

Day 10: Symptom assessment:

Have symptoms greatly improved?

No fever for 24hrs without use of fever-reducing medications?

If so, day 10 is the last day of isolation

Day 11: Leave isolation period*

*Some choose to rapid test before leaving isolation; if this is accessible to you, it could be a great tool to ensure you have isolated for enough time. PCRs are not typically recommended as one can test positive for over a month following an infection. Certain comorbidities/conditions may require a longer recovery time. Check with your doctor!

