



OLD DOMINION UNIVERSITY

- Cool mist humidifier in your room

❖ Runny nose:

- Non-drowsy - Antihistamine (Claritin/Zyrtec/Allegra) 1 tablet once a day by mouth
- Drowsy (nighttime use suggested) - Diphenhydramine (Benadryl 25mg) 1 - 2 tablets at bedtime as needed

❖ Cough:

- Guaifenesin DM (Robitussin DM/Mucinex DM)- take 2 teaspoons by mouth every 4 hours as needed or package directions or Mucinex DM tablets per package directions
- Honey 1-2 tablespoons as needed – mixed in a warm drink or plain

❖ Sore throat:

- Gargle with salt water (1/4 teaspoon salt to 1 cup of warm water) several times a day. You may also use acetaminophen or ibuprofen as above.
- Throat sore throat lozenges or sore throat spray (chloraseptic spray) as needed for pain – see package directions

COVID-19 Vitamin Regimen:

While there is very limited data (and nonspecific for COVID-19), the following “cocktail” may have a role in boosting the immune system with COVID-19 disease. While there is no high-level evidence that the cocktail is effective; it is cheap, safe, and widely available.

- Vitamin C: 1000mg twice a day and Quercetin 250-500 mg BID by mouth
- Zinc: 100 mg/day by mouth (elemental zinc) After 1 month, reduce the dose to 30-50mg/day.
- Melatonin: Begin with 5mg by mouth at bedtime, can increase to 10mg at night – causes drowsiness
- Vitamin D₃ 5,000iu Once a day

When to call your primary care provider or Student Health Services (757-683-3132):

- Fever greater than 101⁰ F (38.3 C) persisting for more than 3 days
- Symptoms lasting longer than 14 days OR worsening symptoms after 7-10 days
- If you feel short of breath or have difficulty during mild exertion or resting and/or difficulty breathing.
- Uncontrollable vomiting

Student Health Services

1007 South Webb Center, Norfolk, VA 23529 • Phone: 757-683-5930 • Fax: 757-683-5930 • odu.edu/studenthealth
Old Dominion University is an equal opportunity, affirmative action institution. Minorities, women, veterans and individuals with disabilities are strongly encouraged to apply.