



### *Take the Test*

If you suspect you may have COVID-19, get tested right away and isolate until you have the results.



### *Change Your Plans*

If you or a family member tests positive, you will need to refrain from any planned gatherings for at least 5 days since symptom onset.



### *Wear a Mask*

If you must go somewhere, keep your visits brief. Ensure that you and all those around you are wearing masks correctly and at all times.

# *Managing Mild COVID-19*



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### *Stick to Healthful Food*

Go for citrus, berries, and green leafy veggies daily for vitamin C, along with lean meat, whole grains, brown rice, and oatmeal for selenium and zinc.



### *Prevent A Severe Case*

Get vaccinated and boosted as soon as possible. This helps prevent more severe infections.



### *Take Reasonable Precautions*

Once you're fully recovered, avoid getting COVID-19 again by taking reasonable precautions. Wear a mask in public, steer clear of large gatherings, avoid handshakes and hugs, and wash your hands regularly.