



COVID (Flu & RSV) Preparedness Checklist

Have on Hand Ahead of Time In Case You Get COVID (Flu & RSV)

- COVID Antiviral - Paxlovid or Molnupiravir (prescription) or Tollovid (OTC)**
 - Talk with your primary care physician about having a prescription on hand or allowing you to fill it before holiday travel. Find test to treat locations that will offer these medications when you test positive.
- Metformin (Prescription) - Reduces the risk of Long COVID by 42%**
 - Ask your primary care physician for a prescription or get online from agelessrx.com or gethealthspan.com
- Flu Antiviral - Tamiflu or Xofluza**
 - Ask your primary care physician for a prescription to have on hand during the flu season or when holiday traveling.
- Nasal Spray - SaNOtize, Colloidal silver, or saline rinses**
- Oral Rinse - Crest Pro Health, colloidal silver, Xlear**
- Famotidine**
- Antihistamines such as fexofenadine, loratadine, or cetirizine**
- Cucurmin**
- Nattokinase, Serrapeptase +/- Lumbrokinase**
- NAC**
- Melatonin**
- Alpha Lipoic Acid**
- Multivitamin with vitamin D**
- Baby Aspirin - only for adults and if not contraindicated**
- Fever Reducer - Tylenol, or something similar**
- Guaifenesin (Mucinex) to treat mucus and cough - Avoid dextromethorphan (Robitussin) with COVID**
- Oral electrolyte solutions - (Pedialyte, Normalyte, or Trioral)**
- Bland crackers like saltines for nausea**
- Tissues/Kleenex**
- Bland soups or broths (For use with nausea or lost appetite)**

Always speak with your provider before adding any medication or supplements.