



COVID, Flu, or RSV Preparedness Checklist

Have on Hand Ahead of Time In Case You Get COVID, Flu, or RSV

- ☐ **COVID Antiviral - Paxlovid or Molnupiravir (prescription)**
 - ☐ 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 or try sites like [Dr. B.](#)
- ☐ **Metformin (Prescription) - Reduces the risk of Long COVID by 42%**
 - ☐ Get your prescription from your primary physician or online from [RTHM Direct](#).
- ☐ **Flu Antiviral - Tamiflu or Xofluza**
 - ☐ Ask your primary care physician for a prescription to have on hand during the flu season, when traveling, or visit sites like [Dr. B](#) if you test positive.
- ☐ **Nasal Spray - [SaNOTize](#) , iota-carageenen, even saline irrigation can reduce viral load.**
 - ☐ Chlorpheniramine nasal spray can reduce Long COVID risk but is hard to find.
- ☐ **Oral Rinse - Saline or Crest Pro Health,**
- ☐ **[Famotidine](#)**
- ☐ **Antihistamines such as [fexofenadine](#), [loratadine](#), [cetirizine](#)**
- ☐ **[Baby Aspirin](#) - adults only and not if contraindicated**
- ☐ **[Curcumin](#)**
- ☐ **[Nattokinase](#), Serrapeptase +/- Lumbrokinase**
- ☐ **[NAC](#)**
- ☐ **[Melatonin](#)**
- ☐ **[Alpha Lipoic Acid](#)**
- ☐ **[Multivitamin](#) with vitamin D**

Other Helpful Items:

- ☐ Fever reducer like tylenol
- ☐ Guaifenicin (Mucinex) or similar for mucus/wet cough, dextromethorphan for dry cough (though there's some prelim/early lab data that dextromethorphan may be pro-viral for COVID).
- ☐ Oral electrolyte solutions (i.e. [Pedialyte](#), [Normalyte](#), trioral) to stay hydrated, esp. if having vomiting, diarrhea or lost appetite/thirst.