

Prenatal Patients FLU OR COVID Guidelines:

Prenatal patients positive for the flu or exposed to symptoms can request antiviral medication available by prescription when taken within 48 hours of the onset of flu symptoms. It is not a cure but there still is some benefit to taking it up to 4–5 days after symptoms start. You can call the office or message a request on the portal for a prescription to be sent to the pharmacy. If you are past the 48-hour window, please treat the symptoms with approved medications listed below. If your temperature persists higher than 100.4, please go to the emergency room for treatment.

Covid positive prenatal patients are to treat the symptoms with over-the-counter medications. It is recommended to take Vitamin D 1000 IU Daily, Vitamin C 1000mg twice daily & Zinc Sulfate 50mg daily for 5 days. If there is any difficulty with breathing, shortness of breath or if your O2 (Oxygen) saturation drops below 92 go to Huntsville Hospital or Crestwood Hospital for evaluation.

Over the counter medications to take:

Mucinex (Plain)

Maximum Strength Mucinex (Avoid D or DM)

Robitussin DM

Delsym

Zyrtec

Allegra

Claritin (Plain)

Benadryl

Nasacort

Flonase

Tylenol

Saline Nasal spray

Vicks vapor rub

Chloraseptic-spray

Cough drops

COVID AND FLU PATIENTS PLEASE DO NOT COME TO THE OFFICE TO BE SEEN. WE MUST PREVENT EXPOSURES TO PATIENTS AND STAFF.