

# Gulf Coast

## GASTROENTEROLOGY

### COVID 19 Delta Variant Self-Action Plan

In addition to precautionary measures sent in previous emails, the following measures should be taken to help prevent COVID 19 infection, or if one is infected or suspects that they are infected with the COVID virus. *Treat infection and inflammation early.*

#### TIER 1

To prevent or take action if COVID 19 infection is suspected apply the following:

- **Vitamin D 2,000 - 10,000 IU** (Vitamin D levels greater than 40 is correlated with improved COVID Survival.)
- **Eucalyptus** (Vaporub, essential oil, diffuser, etc.) correlated with improved viral response
- **Pepcid OTC 20 - 40mg** (decreases respiratory failure and need for machine ventilation by 30-40%)
- Allow **fever to rise to 39 degrees/102° Fahrenheit** in order to combat the virus. Treat fevers over 104° with Tylenol. (Fever ≥ 102°F can increase interferon release and improve COVID survival)
- Avoid ibuprofen (A French study presented an increase in receptors for COVID entry into cells)

#### TIER 2

Supplement with adequate amounts of

- Zinc 20 - 50mg/day (inhibits viral replication)
- Vitamin C 500 - 1000mg/day
- Vitamin E 400 - 800 IU/day
- Vitamin A 10,000 - 15,000 IU/day
- Lysine 1 - 2g/day (inhibits viral replication)

COVID 19 vaccination recommended. The key is treating infection early and limit /eliminate inflammation ASAP.

Sincerely,

**Dr. William Sweatt**

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At Gulf Coast Gastro & Primary Care Associates of Lake Jackson, your health is our top priority. We are doing our best to make sure our staff and community are updated on the latest findings in health and safety.

#### **As a reminder:**

Dr. Sweatt is seeing patients in office and virtually via *Telehealth*. We are using all current safety precautions including mask wearing, sanitizing regularly and between patients, and we've recently **installed exhaust fans in patients room to ensure air purification**. If you would like to make an appointment or have an upcoming appointment, please call our office at (979)297-4033. We are in the office Monday - Thursday from 8:00 - 5:00 & Friday from 8:00 - 1:00.

**COVID-19 PCR & antigen/antibody testing done in our lab with same day results possible!**  
**Vitamin D level testing also available on-site.**

Latest update as of 8-2-2021