

PREPARING SUPPLIES IN CASE YOU GET COVID-19

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NOMC's medical team has been lead by Catherine Lasperches, FNP since September 2004.

PHOTO CREDIT: ELSA HAHN

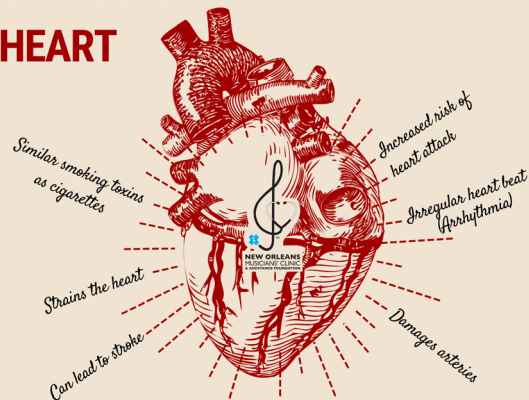
COVID-19 DO'S:

- STAY HYDRATED WITH WATER, GREEN TEA WITH HONEY AND LEMON, & GINGER TEA
- EAT BAKED POTATOES & BANANAS TO REPLENISH POTASIUUM

COVID-19 DON'T'S:

- STOP SMOKING ALL SUBSTANCES
- DRINK ALCOHOL IN MODERATION (*less than 5 drinks per week*)
- AVOID DAIRY & SUGAR

MARIJUANA STRESSES THE HEART



Fast facts:

- Marijuana smoke contains toxins similar to cigarette smoke
- Most (77.5%) people who use marijuana smoke it
- 2 million - # of Americans with heart disease who use marijuana
- May negatively interact with many types of heart medications including: anti-arrhythmics, calcium-channel blockers, statins, β -blockers, and warfarin

DeFigueroa, Evelyn M, et al. "Marijuana Use in Patients With Cardiovascular Disease." Journal of the American College of Cardiology, vol. 75, no. 3, 27 Jan. 2020, pp. 318-322.

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STOCK YOUR MEDICINE CABINET



- THERMOMETER
- RUBBER GLOVES
- ANTIBACTERIAL HAND SOAP
- ANTIBACTERIAL DISH SOAP
- CLOROX SPRAY DISINFECTANT
- CLOROX WIPES
- 60-70% ALCOHOL
- TYLENOL (ACETAMINOPHEN) OR ADVIL (IBUPROFEN)*
- SALINE NOSE DROPS
- EYE LUBRICANT DROPS
- THROAT LOZENGES WITH ZINC
- VITAMIN C (*anti viral*)
- HERBAL TEA- GINGER
- GREEN TEA WITH LEMON & HONEY
- PEDIALYTE (*if you can't keep anything down, to replace electrolytes*)
- DELSYM (*sugar free*) for cough

*Consult your medical provider before taking. Make them aware of all of your medical conditions and medications.



**BE KIND AND STAY SAFE.
YOUR LIFE MATTERS.**

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