

COVID positive – Female 33 years (21 and half weeks pregnant)

WED March 25th: Initial Phone Consultation

Have been on the couch all day -- annoyed, sucks to be sick. Moody to have to be sick. I get every cold and flu - we have been taking Covid so seriously. But my family has not. They have been seeing each other, even came to see us and wouldn't distance. Entire family thinks it could be because I am pregnant. Very irritated.

In isolation. Called telehealth and left my number twice. No return call yet.

Started with sneezing and congestion one week ago (MARCH 18) - thought allergies, with chronic cough (cough present since beginning of January)
Also had diarrhea Monday, Tues, Wed last week but has seen niece the weekend prior and she woke up vomiting.

Cough got worse -- dry nagging cough the entire time (since last week) - feels in the throat, like a tickle. Sometime choking like something caught in throat - no mucous is expectorated.
Thirsty all the time - want carbonated water – cold drinks.

Tiny sore throat in morning, not really -- been sleeping mouth open, some mild post nasal drip.

Blow nose a few times a day, not drippy, minimal discharge -- blow to clear passages in the morning on waking. No sinus stuff -- just must be where congestion is. Mild headache.

Lost sense of smell over the weekend – still has not returned.

Energy shift today. Felt I couldn't wake up this morning, groggy, felt disoriented. Tried to work out, unsuccessful, could not wake up. Not a huge appetite. Kept taking BP, it is low, pulse a bit high. Went for a walk and so slow, SOB – like I am in the 3rd tri of pregnancy. After 2 flights of stairs and pulse is high, must sit on the couch. Took a nap this afternoon post walk -- 2 hours. Checked temp 38.1. Now it is 38.5C

Chills. As soon as woke from nap. Took a Tylenol.

No pains. Some belly ache. Had loose stools this morning. If I move at all feel nauseous – This is always my first symptom. Exertion = nausea. It's a toss up - do I move or do I stay still will the nausea go away?

3 Bowel Movements in the am -- did an extra probiotic before bed - at first felt I unclogged the chain --- but then 2 more BM's after that got looser and fartier.

Trying to only lie on left side - but uncomfortable (re: pregnancy).

Chills – of the neck and chest. Flushed looking. currently sweaty post mini nap.
Appetite low. Had apple sauce and felt really sick.

State: Surprisingly unpanicked. My mind is blank. Kind of dull - a bit annoyed because I'm sick. I cried earlier when I heard lack of smell is a symptom – my husband is going to die (re: immunocompromised). I feel it is really likely I have COVID, but now my feeling is well tough tits for him. My mind is blank. I've done a lot of staring out the window.

Feels hot to the touch. Usually in socks under blankets, not feet are out.

Called telehealth at 5pm.

· Observations (Objective)

Phone Consultation

Slower speech

Patient dull almost apathetic - no tone to voice (patient usually full of energy, stories, humorous, exaggeration, high spirited)

Cough is dry - singular, intermittent

· Remedy/ DDX

DDX PH-A with PHOS

Given Ph-a 1M - 4 pellets before bed, 4 pellets on waking, report back

Also instructed to take Justicia 4DH liquid -- 3 doses in 24 hours, followed by 1x/day

*in 1 tsp clean water

· Special Instructions

Follow up with telehealth, keep monitoring fever

Thurs Mar 26: FOLLOW UP #1 (All follow up done via text)

AM: Woke feeling better. Fever 37.8. Interested in food. Sweat tons overnight and woke with pasties. Woke to drank every half hour. Prefer cold water.

Afternoon: Fever is now 38.2. Feeling sweaty now. I am moving around more but then I want to lye down. Eating today finally – chips and toast. Nausea is much better, all gastro symptoms have improved. Still tired, less malaise. Mentally better. No SOB. Cough is still constant – dry tickle. Family is finally taking it seriously, but they feel there is no point in a test. Had symptoms for a week now, husband has no symptoms. Less fearful because I am not worse today. Still thirsty – has some veggie juice.

PM: Guidelines opened for testing – got a COVID test finally. Fever 38.5 – feeling rough, cough is worse. Going to bed.

RX: PHOS 1M dry dose tid. Justicia 4 DH QD

FRIDAY March 27

AM: Day 3 of fever. Woke feeling better but then checked temperature and still have fever (38.0). Super thirsty. Defiately more sweaty. Drinking gingerale. Mentally more clear but feeling I need Tylenol to manage the fever because of the baby. Post two Tylenols fever is 37.7.

AFTERNOON: Outside enjoying the sun. Feeling good, then vomited during a cough attack. Came in to check fever and back up to 38.4. Cough attack again and vomited big time including my lunch. Had taken phos earlier in the afternoon. Just repeated Justicia 4DH after cough attack. Foamy vomit. Cough is worse at night. Fever had been down all day. Generally feeling better overall. Maybe



I did too much? I did the laundry (Patient aversion to the idea of wet socks - Aversion to squishy wet. Taking Tylenol instead as directed by midwife).

Took Phos twice today.

RX: Instructed to move to water dosing (PHOS 1M) hourly this evening.

SATURDAY March 28: Got in 3 doses of PHOS 1M water before bed.

I am alive and feeling good this morning. The Tylenol last evening cooled me off. Had a coughing attack in the night, woke husband up. No vomiting. Fever down this morning. Getting bored. Still some coughing but better.

Water dosing PHOS 1M 3x/day, Justicia QD

SUNDAY March 29: No fever. Smell is returning for the first time. Going for a drive to enjoy the sun.

Continue Water dosing Phos 1M 3x/day

MONDAY March 30: Energy returning but still low. Back to some more regular activities – doing some work and projects at home. Still some dry coughing.

RX: As needed with increase coughing.

WEDNESDAY April 1st – COVID test came back positive. Feeling better