Twitter Thread by Michelle Noorali

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Things I learned after I got covid (I'm fine now):
- You can be contagious 1-3 days before having symptoms
- Taking zinc can make you really nauseas ... taking too many vitamins can also make you super nauseas
- Protein and hydration are key
- The headaches are no joke

- You should really try to walk around (inside) for some parts of the day even though you want to and probably will sleep literally all day
- The rapid tests are SOOOO INACCURATE. The PCR test matters. If you're in GA, cvs is a great. https://t.co/AlSdQ5mkxK is testing ASAP tho

- You really need to let everyone you interacted with 1-3 days before becoming symptomatic when you've tested positive. It sucks sending that message, but you need to do it.
- You should also let people you've seen in the 14 days prior know too incase you got it from them

- Stay away from sugar (yes even donuts). Make healthy smoothies. They really helped.
- I took vit c and d (apparently d is really important). Fish oil (some days) and zinc (but stopped bc it was making me feel sick)
- Also used a nasal spray and a colloidal silver spray.

- I didn't develop a cough. My fiance had one. I'm not sure if its bc I started doing a salt water gargle early but who knows. I had a sore throat like the first day and that's all.
- Tylenol didn't help my headache. A shower made it slightly more bearable. Took nyquil at night

- I didn't know that you're at more risk (even healthy ppl with mild symptoms) for blood clots even months after you get better. There's prob more research that needs to happen there but it's a thing.
- The fatigue. I would get up to do one chore and just be so tired.

- You are not contagious after 10 days as long as you don't have a fever for 24 hrs without fever reducers. This is what the doctors say. I still isolated for longer than 10 days bc I'm too paranoid.

- One day after I got better, I was just achy everywhere. so sore for no reason

- one day I noticed I couldn't smell and I realized my taste had been weird for a few days. after doing some obsessive googling with the fiance we learned smell/taste might go in and out even after you get better.

I was really scared I had given it to my family. I wished so hard I had worn a mask around them. I used to but then I got lax bc I felt like we were being safe enough, not being social at all, only hanging out with family & very rarely going to stores

There were a few people we spoke to who didn't have a mask on while we did. I now wish that I had just asked them to wear a mask. I also took my mask off in places where we were alone but people had been earlier. If I could go back and change that I would.

I've been going for walks since being out of isolation and I just can't explain how much I adore being able to do that. I have this renewed commitment to being healthy and appreciation for my body.

That means less donuts and more spinach and less stress and more water and walks.

One thing I would advise is to go ahead and prep the things you might want to have if you do end up getting it. We already had a thermometer and pulse oximeter in the house. I had also gotten these things for my family's house and my fiance's family's house.

We already had bottled water, gatorade, masks, cleaning supplies, gloves, most vitamins, etc. Our families dropped off food. I wish we had stocked the family houses with disposable containers for when they sent things over. We had an air purifier and humidifier.

Doctors will probably not prescribe you meds until it gets bad and even then it's hard for docs to prescribe things bc there isn't enough evidence. You need to do your own research and ask your doctor and doctors in your family and friends circle for multiple perspectives.

I just posted things that I learned and what my experience was. Definitely talk to your doctor about the right recommendations for you.