

DR. MITCHELL USES TRAFN.COM TO UPDATE HOW TO QUARANTINE, WEANS, AND OTHER INFORMATION AS IT BECOMES AVAILABLE.

IF YOU DEVELOP COUGH, COLD, FEVER OVER 99.8F, OR FLU SYMPTOMS:

1. Go home immediately and rest.
2. If you have a primary care physician, contact their office and let them know what you are doing.
3. Limit your contact as much as possible with anyone in your home.
4. Self-quarantine at home for a minimum of 14 days.
5. If your symptoms start to worsen during self-quarantine (severe cough, fever over 101F, shortness of breath or difficulty breathing, vomiting) call your primary care physician or local hospital immediately.

IF YOUR PHARMACY RUNS OUT MEDICATION, THIS 10 DAY WEAN USES 8 PILLS OR FILMS OF 8 MG SUBOXONE OR SUBUTEX

Day 1-2: 12 mg per day = take 1/4 of an 8 mg pill or film 6 times per day .

Day 3-4: 8 mg per day = take 1/4 of an 8mg pill or film 4 times per day.

Day 5-6: 6 mg per day = take 1/4 of an 8mg pill or film 3 times per day.

Day 7-8: 4 mg per day = take 1/4 of an 8mg pill or film 2 times per day.

Day 9-10: 2 mg per day = take 1/4 of an 8mg pill or film 1 time per day.

Day 11+: Use **IMODIUM A-D** (available without a prescription at most pharmacies and large food stores). If any withdrawal symptoms remain, take it as directed on the box. **DO NOT** use more than directed on the box - it can stop your heart.