

MANAGING MILD SYMPTOMS OF COVID-19



If you develop symptoms and think you may have been exposed to COVID-19 (recent travel, contact with an infected person), contact your local public health authority.



Fever and dry cough are the most common symptoms of coronavirus disease and most people with mild symptoms will recover on their own. Fever and cough do not have to be treated and treating them will not shorten the illness, but there are some steps that may make you feel better while you recover.



FEVER

- Remove extra clothing and bedding.
- Drink lots of fluids, preferably water.
- Keep the room temperature around 20°C
- Rest and avoid physical effort.
- Acetaminophen (Tylenol®) is the preferred medication for reducing fever.
- Alternatively, ibuprofen (Advil® or Motrin®) can be used.
- Acetaminophen or ibuprofen can also help with headache, aches and pains, and sore throat. Carefully follow package instructions for dosing and note that children are dosed by weight, not age.



Call your pharmacist if you have any questions about these medications.



DRY COUGH

- Try to avoid breathing in smoke, dust and pollution.
- Drink lots of fluids, preferably water.
- Using a humidifier or taking a hot shower may be helpful.
- There is not a lot of proof that cough medicines work, and they should never be used in children under 6 years of age.
- Pasteurized honey before bed may help calm a cough. Adults can take 1 tablespoon and children older than 1 year of age can have 1/2 to 2 teaspoonfuls.



Seek medical care right away if your illness is worsening or you develop emergency warning signs.

Emergency warning signs for COVID-19 include:

- Severe or increasing trouble breathing
- Chest pain
- Difficult time waking up
- Confusion
- Loss of consciousness



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