

Managing COVID-19 at Home



Symptoms of COVID-19

Most people with mild symptoms will recover on their own. Symptoms do not have to be treated, but there are some steps that may make you feel better while you recover.

- Fever (>37.8°C or 100°F)
- Cough (usually dry but can have phlegm)
- Shortness of breath
- Loss of smell and/or taste
- Tiredness
- Muscle aches and pains
- Headache
- Sore throat
- Loss of appetite
- Diarrhea
- Nausea/vomiting
- Runny nose
- Pink eye
- Skin rash



Emergency Warning Signs

Be familiar with the emergency warning signs and when to seek urgent medical care:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face



Prevent the Spread

- Stay at home
- Stay in a separate room from others, if possible
- Wear a face covering (e.g., mask, scarf, bandana) if not able to avoid exposure to others
- Use a separate bathroom from others, if possible
- Clean and disinfect frequently touched surfaces daily



Monitor Your Symptoms and Practice Self-care

- Take and record your temperature daily before taking medication
- Get lots of rest
- Drink plenty of fluids
- Eat nutritious food

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Fever

Remove extra clothing and bedding to stay cool

- Drink plenty of fluids, preferably water
- Keep the room temperature at 20-21°C or 68-70°F
- Rest and avoid physical effort

If your fever is distressing, take one of the following medications to bring it down:

- Acetaminophen (Tylenol®)
- Ibuprofen (Advil® or Motrin®)
- Naproxen (Aleve®)
(Do not use in children <12 years)
- ASA (Aspirin®)
(Do not use in children <18 years)



Headache or Muscle Pain

- Rest in a dark, quiet room
- Apply a cold cloth or ice pack to the head

If your pain is distressing, you can take one of the following medications to reduce it:

- Acetaminophen (Tylenol®)
- Ibuprofen (Advil® or Motrin®)
- Naproxen (Aleve®)
(Do not use in children <12 years)
- ASA (Aspirin®)
(Do not use in children <18 years)



Cough

- Try to avoid breathing in smoke, dust and pollution
- Drink plenty of fluids, preferably water
- Using a humidifier or taking a hot shower may be helpful
- Pasteurized honey before bed may help calm a cough (Adults can have 1 tablespoon, children >1 year can have ½ to 2 teaspoonfuls)

There is not a lot of proof that cough medicines work. However, if the cough is very aggravating and interfering with rest, you can try one of the following medications:

- Dextromethorphan
(Do not use in children <6 years)
- Codeine-containing products
(Do not use in children <18 years)

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