

# Home self-care for COVID-19 symptoms

## Coronavirus COVID-19

COVID-19 is caused by a virus called Coronavirus. Most of those infected will have a limited and mild case. It will feel more like a cold. Most people who become infected with COVID-19 will be able to care for themselves at home. Currently, there is no specific anti-viral treatment for COVID-19, and there is no vaccine at this time. Antibiotics, such as penicillin, don't kill viruses.

### In general, follow these three basic rules:

1. Keep warm and rest as much as possible. If you feel like resting, you should.
2. Take plenty of fluids. Food is not as important since appetite will return when you're well.
3. For fever, take Tylenol in normal doses (see label on the bottles).

### If cough is present:

Humidification and drinking lots of fluids helps to moisten and loosen up sticky mucus. Non-prescription drugs designed to suppress cough, such as Delsym, Robitussin, Mucinex are occasionally helpful. If you use an inhaler, you might need to use it more often.

### If throat is sore:

Gargle with warm water (½ tsp salt in ½ glass of water). Try cold packs to the outside of your throat to help ease the pain of swallowing. Humidification of the air you breathe (use vaporizer, pans of evaporating water, or steaming tub or shower) and lots of fluids help.

### If temperature is elevated:

Fluids are important. Fever medications (such as Tylenol) should control temperature. Persistent temperature elevation of 103-104° F is a danger sign. (See instructions below)

### If nausea and/or diarrhea are present:

Eat only clear liquids, soups, or juices as tolerated. Remember fluids are important to prevent dehydration.

### If your symptoms worsen you should go to the ER if:

- Persistent temperate elevation greater than 103-104° F despite fever medication
- Bloody sputum or increasing chest pain
- Increasing difficulty getting your breath
- Stiff neck preventing bending neck and placing chin on chest

