

Treating Symptoms of COVID-19

Symptoms of COVID-19 are similar to flu symptoms, but can be more severe.

Specific symptoms of COVID-19 are:

- Fever: greater than 100.4, and combined with any of these other symptoms
- Cough
- Difficulty Breathing
- Diarrhea
- Vomiting

How to Treat your Symptoms at Home:

- Rest
- Drink lots of fluids (water, hot tea, Gatorade, Pedialyte, soup, ramen noodles, etc.)
- Take warm baths or showers
- Apply Vicks to chest
- Use a vaporizer at night
- Gargle with a mixture of salt and warm water to soothe your throat from coughing
- Wash your hands frequently – including before and after using the restroom. Wipe down all sink handles, toilet flush handle, and the doorknob. Use your own hand towel for drying.
- STAY HOME and separate yourself from other people and animals within your home.
 - This includes your immediate family members – kids, parents, grandparents, etc. This is very important for their safety. Older adults are most at-risk for COVID-19.

Ways to reduce your fever:

- Place wet rags soaked with cool water in three areas:
 - Behind the neck, in both armpits, in your groin
 - Change rags for new cool rags when they get warm
- Alternate between taking Tylenol/Acetaminophen and ibuprofen (Motrin) as needed.
 - Children and some adults with chronic conditions may need different dosages. Call your primary care provider for medical advice or if you are unsure about how much to take and how to alternate.

When to discontinue home isolation (per the CDC):

People with COVID-19 symptoms who have stayed home can stop home isolation under the following conditions, with permission from your provider:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
- At least 10 days have passed since your symptoms first appeared

If you meet these conditions, please call your primary care provider for permission to discontinue.

When to Seek Medical Care for your Symptoms:

Call in before you come in

Call your primary care provider for medical advice:

- If you can't catch your breath while at rest, or feel like your difficulty breathing is getting worse
- If your new cough makes it hard for you to breathe
- If your fever continues to rise, even with the use of fever-reducing medication and cool rags

If you need immediate life-saving care, or are experiencing a true medical emergency, call 911 and describe your symptoms.