

COVID 19 Home Care Instructions

COVID 19 may cause a number of symptoms such as fever. Other symptoms depend on the part of the body that the virus affects. If it settles in your nose, throat, and lungs, it may cause cough, sore throat, congestion, runny nose, headache, or shortness of breath. If it settles in your stomach and intestinal tract, it may cause nausea, vomiting, cramping, and diarrhea. Sometimes it causes generalized symptoms like "aching all over," feeling tired, loss of energy, or loss of appetite.

COVID 19 illness usually lasts anywhere from several days to several weeks, but sometimes it lasts longer. In some cases, a more serious infection can develop over time. Watch for the warning signs listed below for when to seek medical advice.

Home care

Follow these guidelines for taking care of yourself at home:

- Follow the Isolation and Quarantine Guidelines <hyperlinked>
- Get plenty of rest
- Stay away from cigarette smoke - both your smoke and the smoke from others.
- You may use over-the-counter acetaminophen (preferred) or ibuprofen for fever, muscle aching, and headache, unless another medicine was prescribed for this. If you have chronic liver or kidney disease or ever had a stomach ulcer or gastrointestinal bleeding, talk with your healthcare provider before using these medicines. No one who is younger than 18 and ill with a fever should take aspirin. It may cause severe disease or death.
- Your appetite may be poor, so a light diet is fine. Avoid dehydration by drinking 8 to 12, 8-ounce glasses of fluids each day. This may include water; orange juice; lemonade; apple, grape, and cranberry juice; clear fruit drinks; electrolyte replacement and sports drinks; and decaffeinated teas and coffee. If you have been diagnosed with a kidney disease, ask your healthcare provider how much and what types of fluids you should drink to prevent dehydration. If you have kidney disease, drinking too much fluid can cause it build up in your body and be dangerous to your health.
- Over-the-counter remedies won't shorten the length of the illness but may be helpful for symptoms such as cough, sore throat, nasal and sinus congestion, or diarrhea. Don't use decongestants if you have high blood pressure.

Call 911

Call 911 if any of the following occur:

- Convulsion
- Feeling weak, dizzy, or like you are going to faint
- Chest pain, or more than mild shortness of breath

When to seek medical advice

Call your healthcare provider right away if any of these occur:

- Cough with lots of colored sputum (mucus) or blood in your sputum

- Chest pain, shortness of breath, wheezing, or trouble breathing
- Severe headache
- Continued vomiting (can't keep liquids down)
- Frequent diarrhea (more than 5 times a day); blood (red or black color) or mucus in diarrhea
- Feeling weak, dizzy, or like you are going to faint
- Extreme thirst