

PATIENT EDUCATION HANDOUT

COVID-19: What You Can Do to Manage Your Symptoms at Home

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COVID-19, also known as coronavirus, is a virus that causes an illness affecting multiple systems of the body. Most people who get infected with coronavirus experience symptoms like the common cold. Some people who get infected have more severe symptoms and may end up in the hospital. People at high risk for severe illness are older people and those with other medical conditions such as hypertension, COPD and other lung diseases, diabetes, and cancer. While some people will need to be treated in the hospital, most people can manage their symptoms at home.

SYMPTOMS OF CORONAVIRUS

- Fever/chills
- Sore throat
- Tiredness
- Shortness of breath
- Dry cough
- New diarrhea
- Body aches
- Loss of taste or smell

MANAGE YOUR SYMPTOMS

- Isolate yourself. It is important to avoid contact with anyone else, as the virus is highly contagious. If you absolutely need to leave your house for food or medical care, make sure to wear a mask and gloves to avoid infecting others. Do not visit public places.
- Stay hydrated! Drink lots of water and avoid other drinks like alcoholic beverages, sodas and juices.
- Rest up and take care of yourself. Take Tylenol or Motrin for headaches and fevers. If available, take vitamin C and zinc supplements, as they may help.
- Continue to monitor your fever and symptoms. If your symptoms get worse, call your doctor immediately.
- Wash your hands often! It is very important to wash your hands with soap and water for at least 20 seconds or use a hand sanitizer that has at least 60% alcohol in it.
- Clean all surfaces that are touched often, including countertops, tables, doorknobs and even your phone. Avoid sharing personal items if you do not live alone. Try to use your own bathroom.
- **Call 911 immediately** if you develop these emergency signs: trouble breathing, chest pain that won't go away, new dizziness or confusion. If you have any symptom that you feel is severe, call your doctor.

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