Umbrella Multicultural Health Co-op

How to Manage COVID symptoms
December 16, 2020

If you have COVID-19, or you think you might, the illness should go away on its own in about 10 to 14 days. Most people (80%) recover without special treatment.

But COVID-19 can cause serious illness or even death for older adults and people with other medical issues.

What are the symptoms

COVID-19 symptoms are a lot like flu or other illnesses that affect lungs and airways. Here are lists for common symptoms and some other symptoms you might experience:

Common symptoms	Other symptoms
- Fever - Cough - Shortness of breath - Trouble breathing - Sore throat - Runny nose	- Stuffy nose - Painful swallowing - Headache - Chills - Muscle or joint aches - Feeling unwell in general - Feeling more tired than usual or having no energy at all - Feeling sick to your stomach, throwing up, diarrhea, or not feeling hungry - Loss of sense of smell or taste - Pink eye

What to do when you have symptoms

If you have any of these symptoms, you must self-isolate for at least 10 days after your symptoms started or until they are gone, whichever is longer. Stay at home and limit your contact with others.

While you are self-isolating with COVID-19 symptoms, these are things you can do at home to help you feel better:

- Managing fever

- - Use acetaminophen(Tylenol). Do not use NSAIDS (Advil, Motrin, Ibuprofen) or antihistamines (allergy medicines) to manage fever or pain.
    - Read carefully and follow all directions on the package. Some cough and cold medicines may not be safe for young children or people with certain health conditions (such as kidney disease).
    - If your fever is making you uncomfortable, sponge your body with lukewarm water to lower the fever. Don't use cold water or ice. Lowering the fever won't make your symptoms go away faster, but it can make you feel more comfortable.
  - Managing cough and shortness of breath
    - Do not smoke or inhale second-hand smoke.
    - To help clear a stuffy nose, breathe moist air from a hot shower or a sink filled with hot water. Or use salt water nose drops or rinses to loosen the dried mucus.
    - If the skin around your nose and lips gets sore from blowing your nose a lot, put a bit of petroleum jelly on the area. Always wash your hands after touching your face.
    - If you have a dry, hacking cough, you can try cough medicine to stop the cough reflex. Ask your pharmacist which one is right for you. Children under 6 years should not use cough medicine.
    - Raise your head with an extra pillow if coughing keeps you awake at night.
    - To soothe a sore throat, suck on a lozenge or plain, hard candy. Do not give these to children under 6 years because of choking hazards.
  - Maintain healthy habits.
    - Drink plenty of fluids. Water, soup, fruit juice or hot tea with lemon and honey could help you stay hydrated and soothe sore throat.
    - If you have stomach upset, you should drink even more by continuously sipping small amounts of salt-containing fluids such as sports drinks.
    - Get plenty of rest, and wash your hands frequently.
    - Incorporate fresh fruits and vegetables in your diet.
    - Incorporate exercise as you are able.
    - Eliminate stressors as best you can; keep connected to your friends and family through phone calls or other technology.
    - If taking prescription medication, make sure to follow the exact direction, dosage, and length of course.

Consult health professionals

If you think you might have COVID-19, call Health Link at 811 or your CCHB from home before going into a clinic.

Call 911 if you are seriously ill and need medical help right away:
- You have severe trouble breathing or severe chest pain.
- You are very confused or not thinking clearly.
- You pass out (lose consciousness).

Call your doctor or **Health Link at 811** or get medical care right away if:
- You have new or worse trouble breathing.
- Your symptoms are getting worse.
- You start getting better then get worse.
- You have severe dehydration such as: having a very dry mouth, passing only a little urine, or feeling very light-headed.