

Do I need to see a doctor?

CORONAVIRUS COVID-19

COVID-19 symptoms typically include:

- A fever of 100° or higher or feeling feverish/chills

And one or more:

- Cough
- Sore throat
- Headaches and/or body aches
- Difficulty breathing or shortness of breath
- Fatigue
- A runny or stuffy nose

If you have any questions or concerns, call your provider's office.



** HIGH RISK PATIENTS INCLUDE:

- Adults 65 years and older
- Persons with chronic pulmonary (including asthma), cardiovascular (except hypertension alone), renal, hepatic, hematological (including sickle cell disease), and metabolic disorders (including diabetes mellitus), or neurologic and neurodevelopment conditions (including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy [seizure disorders], stroke, intellectual disability (mental retardation, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury).
- Persons with immunosuppression, including that caused by medications or by HIV infection.
- Residents of nursing homes and other chronic-care facilities.

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 or Motrin in normal doses (see label on the bottle)

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 and 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 (1/2 tsp salt in 1/2 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 medication (such as Tylenol or Apsirin) should control temperature. Persistent temperature elevation of 103-104°F is a danger sign.

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, call your provider's office for further instructions, especially if you notice:

- Persistent temperature 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

3/2020