

# MANAGING A COVID-19 INFECTION



## Managing symptoms at home

- Stay home to manage mild symptoms of COVID-19 including cough, fever, fatigue, abdominal cramps, mild nausea, vomiting or diarrhea.
- Take acetaminophen (Tylenol) up to every 4 hours or ibuprofen\* (Motrin/Advil) up to every 6 hours for fever. You can alternate these if you need relief prior to when the next dose is due. Do not exceed the maximum dose per day for any medication.  
\* Neither FDA or WHO currently recommend avoiding ibuprofen. Contact your healthcare provider if you have questions about your personal health.
- Stay hydrated by drinking water or sports drinks. Eat when possible.
- Avoid other family members and friends by following the Isolation instructions.



## When to seek medical care

Call your doctor if you have:

- Fever that does not come down with medication.
- Vomiting or diarrhea lasting more than 24 hours or any bloody diarrhea.
- Shortness of breath.
- Symptoms that keep getting worse and feel unmanageable.

Call ahead to the Emergency Department or Call 9-1-1 if you have:

- Difficulty breathing/inability to catch your breath.
- Chest pain.
- Feel faint, light-headed or unstable in any other way.

## When seeking care at a healthcare facility



- Call ahead to get instructions from your health care provider. They may want to meet you outside or use a different entrance than the general public uses.
- Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, or taxi cabs.
- If you are unable to drive yourself and do not have a ride, call 9-1-1 for transport by ambulance. Inform them of your symptoms ahead of time.
- If a family member or friend is giving you a ride, wear a mask or fabric that covers your mouth and nose while you are in the vehicle with them.
- If you are driving yourself, apply a mask or fabric that covers your mouth and nose before exiting your vehicle.