

If You Have Symptoms



Stay home and away from others, if possible, avoiding public places so you do not get others sick.



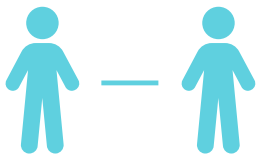
Keep warm and rest as much as possible.



Drink plenty of fluids. Fluids are most important for hydration, appetite will return when you are well.



For fever, take acetaminophen (i.e. Tylenol) in normal doses. (See directions on the bottle)



Separate yourself from household members, use a separate bathroom (if possible), and stay in home isolation until:



At least 7 days have passed since symptoms appeared.

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You have been fever free for 72 hours without medication designed to lower your temperature.

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All other symptoms have improved, such as cough or shortness of breath.

If cough is present: A room humidifier and drinking lots of fluids helps to moisten and loosen up sticky mucus. Non-prescription drugs designed to suppress cough may be helpful.

If throat is sore: Gargle with warm water (1/2 teaspoon of salt in 1/2 glass of water).

If temperature is elevated: Fluids are doubly important. For fever, take acetaminophen (i.e. Tylenol) in normal doses. Persistent temperature elevation of 103 - 104 degrees is a danger sign and encourage that you contact your primary care provider.

If nausea and/or diarrhea are present: Have clear liquids, soup, or juice as tolerated, and eat a B.R.A.T. (Bananas, Rice, Applesauce, Toast) diet, if able. Remember, fluids are important to prevent dehydration.

If you develop shortness of breath, call 911 or go to the nearest emergency room.

Source: CDC.gov

if you are showing symptoms of COVID-19 – please stay home and call your Primary Care provider immediately. They may tell you to manage your care at home. **If you do not have a Primary Care provider, please call: 860-533-4611** to be evaluated through a Telehealth consultation appointment.