

## COVID-19

# Caring for yourself at home if you're sick

These self-care tips may help ease some of your symptoms. It's also important to know when you need to seek medical care.

### Take care of yourself

- ✔ **Get extra rest.** Bed rest can help you feel better.
- ✔ **Drink plenty of fluids.** This helps replace fluids lost from fever. Fluids also help ease a scratchy throat. Water, soup, fruit juice, and hot tea with lemon are good choices.
- ✔ **Relieve fever.** Fever is a sign that your immune system is fighting the virus. Reducing the fever won't make your symptoms go away faster, but it may make you more comfortable. If you need to reduce a fever:
  - Sponge your body with lukewarm water. Don't use cold water or ice.
  - Take acetaminophen (such as Tylenol). It may also help with muscle aches. Read and follow all instructions on the label.
- ✔ **Use petroleum jelly on sore skin.** This can help if the skin around your nose and lips becomes sore from repeated rubbing with tissues.



### Know when to call for help

Pay attention to your symptoms. You need medical care if you're getting sicker (for example, if it's hard to breathe).

- ✔ **Call before you go to the doctor's office or hospital.** They can tell you what to do.
- ✔ **Wear a cloth face cover.** This can help protect other people from the virus.

**Call 911 or emergency services right away** if you have any of these symptoms:

- ✔ Severe trouble breathing or shortness of breath.
- ✔ Constant pain or pressure in your chest.
- ✔ Confusion or trouble thinking clearly.
- ✔ A blue tint to your lips or face.