

## SELF-MANAGEMENT AND SELF-CARE FOR SYMPTOMS OF COVID-19 AT HOME

### Cough persistent

- Coughing 1 hour or more
- 2 coughing episodes per 24 hours

### Fever > 37.8°

- Hot chest or back
- Warm/cold/shivery

## SELF ISOLATE AND SELF CARE FOR 7 DAYS: REST, DRINK PLENTY OF FLUIDS (2 – 5 litres), EAT HEALTHILY, EXERCISE/MOVE, VENTILATE ROOMS, WASH CLOTHES/LINEN AT 60°

If you live with someone who has symptoms you must self-isolate for 14 days as it can take 14 days for symptoms to appear.

After 7 days: continue to self isolate if you still have a high temperature until it returns to normal. You do not have to self isolate if you still have a cough after 7 days, as a cough can last several weeks after infection.

### Treating a cough at home

- Drink / hydrate
- Hot water lemon and honey is as effective as over the counter cough remedies
- Paracetamol
- Don't smoke

Reassure there are many reasons for a cough and most resolve naturally over time.

### Treating a fever at home

- Drink / hydrate (avoid alcohol and caffeine)
- Loose clothes
- Ambient room temperature
- Cool damp cloths
- Paracetamol (>40°)

Reassure fever is a normal body response and most of the time resolves after 2-3 days

Urine should be pale yellow

### Breathing health

- Stretching rib cage raising arms
- Controlled breathing exercises
- Propping up upper body if in bed
- If seated at a table put head on table

Check rapid breathing, shallow breathing, rasping etc. Normal respiration rate: 12 to 16-18 breaths per minute

### WHEN TO CALL FOR ADDITIONAL HELP

- Difficulty breathing
- Cyanosis (blue lips and finger tips)
- Very dark urine
- Light-headedness/dizziness
- Severe muscle cramps

### Extra vigilance with:

- >70years and underlying health condition
- Existing lung conditions
- Existing heart conditions
- Weak immune system
- Cancer
- Those taking ACE inhibitors, ARBs, NSAIDs, Diuretics, Metformin
- Intolerance and or allergies to paracetamol

### References:

[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19), [www.nhsinform.scot](http://www.nhsinform.scot), <https://111.nhs.uk/service/COVID-19/>, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/vital-signs-body-temperature>,