

Self-Care & Treatment at Home for COVID-19

When you are sick with COVID-19, it's important you remain at home and isolate yourself from other household members and pets. Current treatment is supportive care aimed at helping your body while it fights the virus.

- **Get plenty of rest.** Your body needs the energy to fight the illness. Do not take on big activities while staying at home; they can wait. COVID can get worse at the end of its course; it's not unusual for days 8 to 10 to be the hardest.
- **Stay hydrated.** Try to drink 6 to 8 glasses of liquids (water, sports drink, juice) per day, especially with a fever. Urine should look closer to lemonade than apple juice. If it is darker, drink more liquids. Avoid caffeinated beverages or alcohol.
- **Take over-the-counter (OTC) medications.** Use acetaminophen/Tylenol or ibuprofen to reduce fever and pain. Keeping the fever down helps prevent dehydration and helps so the body doesn't have to fight as hard. Use cough suppressants, nasal decongestants and chest expectorants as needed.
- **Prone.** Cycle through the prone positions to help with your breathing and keep your lungs open. Change positions every 30 minutes to 2 hours in this order: 1) lying on your belly; 2) lying on your right side; 3) sitting up; 4) lying on your left side; 5) back to lying on your belly and repeat.
- **Take big, deep breaths.** Taking 2 to 3 deep breaths every hour help gets oxygen deep in the lungs, assisting in clearing out mucous and other fluids.
- **Monitor oxygen levels.** If you have an at-home pulse oximeter, monitor your oxygen levels to be sure they are over 90%.
- **Seek care if symptoms worsen.** Seek medical attention immediately if you experience any of the following:
 - Difficulty breathing or increased shortness of breath
 - Persistent chest pain
 - Unable to keep fluids down
 - Unable to reduce fever with OTC medications
 - Increased weakness or falling
 - Inability to stay awake or new confusion
 - Bluish lips or face

For more information on COVID-19, please visit brookingshealth.org/COVID.