



## BRUMMANA HIGH SCHOOL MEDICAL DEPARTMENT

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### Treating Coronavirus at Home

Coronavirus (COVID-19) sounds scary to some people, but most people will likely have mild coronavirus symptoms. There is currently no specific treatment for coronavirus (COVID-19) but there are many simple ways to ease the symptoms that will help your body fight the virus until you recover.

Here is what you need to know to treat a mild case at home:

#### If you are sick with a coronavirus

First, **STAY HOME!**

This applies even if you do not have a confirmed case but have coronavirus symptoms.

- Get help while you are staying at home.
- Most people will feel better after few days and feel totally fine within a week. However, they will still be contagious, so they should remain in isolation for 14 days from the time of first symptoms.
- Get a coronavirus test, if a test confirms you are COVID positive, contact your doctor.
- Practice social distancing by staying in a room with a bathroom if possible, away from other members of your household. If you must share a bathroom, it will have to be cleaned after each use.
- Do not have any visitors.
- If you must be around other people, wear a face mask.
- Others in your household and you should continue to practice these measures:
  - o Wash your hands often.
  - o Cough into a tissue that you throw away immediately into a plastic lined wastebasket.
  - o Frequently clean surfaces touched every day.
  - o Don't share personal items, like dishes, towels or bedding.
  - o Make sure clothing and linens are washed thoroughly.
- If your symptoms become severe, you should call your doctor to see if you need to go to hospital.

Some of these symptoms include:

- o Trouble breathing
- o Persistent pain or pressure in the chest
- o New confusion or difficulty be woken up
- o Lips or face turning blue

If the symptoms are life-threatening, go to the hospital immediately.

#### Are there medicines for coronavirus?

- Treatments for mild and moderate COVID-19 are only available via referral from your doctor.
- Don't believe in any products that claim to prevent or treat the coronavirus at home. Additionally, antibiotics only treat bacteria, so they are not effective in treating the virus.
- Treating the symptoms of Coronavirus will help you recover as quickly as possible. The body is designed to fight viruses, and for most people, it does so successfully on its own.
- If you are generally healthy, your body is likely to feel better after few days and be totally recovered in about a week.
- You may still be contagious for longer which is why there is a 14 day quarantine period from the start of your symptoms.

#### How can I treat coronavirus symptoms?

The main symptoms are fever, cough and shortness of breath.

**For a fever:**

- **Take a fever reducer** if your fever is very high. Acetaminophen is usually recommended.

- **Stay hydrated.** Fevers usually cause sweating, which means loss of water from your body. Drink lots of fluids (preferably water or juice and not soda or high sugar beverages that might make you thirstier) to avoid dehydration. Caffeinated beverages are not recommended.
- **Rest.** Your body needs energy to fight the virus. Just rest up and let your body do its job.

#### **For a Cough:**

- It is better to avoid lying on your back. Lie on your side or sit upright instead.
- **Sip on drinks throughout the day.** Not only will this keep your throat moist and comfortable, but it will also help keep you hydrated.
- **Drink warm beverages or broth.** These heat up the airways, keep you hydrated and break up any mucus you might have in your throat and upper airway.
- **Try a teaspoon of honey.** A little bit of honey tends to soothe a sore throat.
- **Gargle salt water.** While it is not scientifically proven to help, many people report that saltwater helps to soothe a sore throat. There is no harm in trying, and it might help you. Make sure that you spit it out and disinfect the sink afterward.
- **Suck on cough drops or hard candy.** These will keep your mouth and throat moist.
- If this does not help, do not go to the pharmacy, ask someone to get you cough medicine.

#### **For Shortness of Breath:**

- **Try not to panic,** this can make it worse.
- **Take slow breaths.** Slowing things down can help you start breathing again properly.
- **Sitting upright.**
- **Relaxing your shoulders,** so that you are not hunched.
- **Leaning forward slightly,** support yourself by putting your hands on your knees.
- **Breathing slowly in through your nose and out through your mouth,** with your lips together like you are blowing out a candle.
- **Try relaxation or meditation techniques.** These will help calm the body and allow your breathing to become more regular. Having shortness of breath may leave you feeling anxious so these relaxation techniques will help fight the anxiety.
- **Try turning the heating down or opening a window.**
- **Do not use a fan** as it may spread the virus.
- **If you were previously prescribed an inhaler, you may need to use it.** Pay attention to how your chest feels and what symptoms your inhaler was prescribed for. Do not use someone else's inhaler, only use one that is prescribed to you. Make sure you disinfect the mouthpiece after every use.
- **Feeling breathless** can be a sign of a more serious coronavirus infection, if it is getting worse, seek medical advice.

Ref: University of Maryland.