

What are the symptoms?

- Fever, chills
- Headache
- Cough
- Nasal Congestion
- Shortness of breath/difficulty breathing
- Sore throat
- Muscle or body aches
- Diarrhea, nausea, stomach pain
- New loss of taste or smell

COVID-19 is usually a self-limited illness in young adults and most have mild to moderate symptoms that can be treated at home. Antibiotics do not help COVID-19.

How do I feel better?

- The CDC (Centers for Disease Control) recommends that you stay home until you have been fever-free, without fever-reducing medication, for 24 hours.
- Get plenty of rest (at least 8 hours of sleep a day while you are sick).
- Drink plenty of fluid (fluids thin mucous and prevent dehydration which causes dizziness).
- You may want to try a humidifier (www.humidifierhealth.org) or cool mist vaporizer.
- Avoid smoking, second-hand smoke, and other pollutants (airborne chemicals or irritants).
- Take Tylenol 325mg-650mg every 6 hours for fever or pain, ibuprofen 400-600mg every 8 hours, or naproxen 220mg-440mg every 12 hours for fever or pain. Do not exceed package insert recommendations on these medications.
- Cover your mouth and nose with a tissue when coughing or sneezing. Clean your hands with soap and water or an alcohol-based hand cleaner every time you cough or sneeze.
- **Nasal Congestion:** Decongestants and saline nasal sprays may help relieve some symptoms. Remember to use over the counter products as directed on the product label. You should not take decongestants if you are on stimulant medication for ADD/ADHD, if you have a sleep disorder or high blood pressure. You can also use a nasal decongestant like Afrin (oxymetazoline) for 3 days.
- **Sore Throat:** Gargle warm salt water every hour (1 tsp salt in 8 ounces water). You can also try ice chips, sore throat spray such as Chloraseptic, or sore throat lozenges.
- **Cough:** You may use an over-the-counter expectorant (Mucinex) or a cough suppressant (Delsym or Robitussin) to help relieve symptoms. **You must be 18 years old and have your driver's license to purchase some over-the-counter medications.**
- **Runny Nose:** Use an antihistamine (Claritin/loratadine, Allegra/fexofenadine, Zyrtec/cetirizine) or saline nasal spray to help relieve nasal symptoms.

Seek medical treatment if:

- You are at increased risk for severe illness based on a medical condition or prescribed medication
- Fever over 102 degrees Fahrenheit that lasts for more than 3 days
- Shortness of breath
- Pain/pressure in your chest
- Confusion or disorientation
- For symptoms that last over 10 days and get worse instead of better