

Managing COVID-19 Symptoms at Home Transcript

Most cases of COVID-19 are mild with symptoms like fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell.

Not everyone with COVID-19 has all of these symptoms, and this list does not include all possible symptoms. Talk to your doctor or clinic about getting tested if you have symptoms.

Here are a few simple steps to help yourself feel better if you can manage your symptoms at home. Get plenty of rest and do activities that require little effort like reading a book or watching a movie.

Drink lots of water and other fluids.

If you have a sore throat, eat soft foods like soup, or smoothies.

If you regularly take any medicine prescribed by your doctor, keep taking it, unless a health care provider tells you to stop.

If you have a fever, take fever-reducing medicine like acetaminophen, following the instructions on the product label.

You should feel better in a week or two.

If your symptoms get worse, it's time to call your doctor or clinic. For example, if you have trouble breathing, like when you walk from room to room.

If you have a fever of over 100 degrees for a few days – even when you take medicine to bring it down.

Or you feel too sick to get up, eat or drink, or watch TV.

Your doctor or clinic will tell you over the phone if you need to come in.

The risk for severe illness from COVID-19 increases with age. If you are an older adult or have other medical conditions, let your health care provider know you are sick. They may have specific advice for you.

You should still call 911 when there's a medical emergency, like a lot of trouble breathing, pain or pressure in your chest, feeling confused, your lips, gums, tongue or face look gray or bluish, or if your family or friends can't wake you. Tell the 911 operator that you have or might have COVID-19.

Taking care of your symptoms at home, when you can, is an important way to slow the spread of COVID-19.

To learn more about how you can protect yourself and your family, visit health.mn.gov.

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