# Home Care Tips During COVID-19

## Mild Symptoms
- Fever
- Dry cough
- Sore throat
- Body aches
- Fatigue
- Headache
- Vomiting/Diarrhea
- Loss of taste and/or smell
- Congestion/runny nose

## Emergency Symptoms
- Continuous chest pain
- Blue lips and/or face
- Confusion
- Extreme difficulty breathing
- Dizziness and lightheadedness
- Unconscious
- New or worsening slurred speech
- Seizures


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## Caring for yourself or a loved one with Covid-19 at home

- Minimize contact with the person who is ill
- Physically isolate
- Disinfect regularly touched surfaces with household disinfectants or diluted bleach solution
- Follow pain reliever directions for symptom relief

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## Interacting with others after COVID-19

No symptoms + 3 days since fever + 10 days since first symptom + no cough

Be around others!

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**TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER, EL PASO**

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For more information visit: [https://elpaso.ttuhs.edu/elpaso/coronavirus/](https://elpaso.ttuhs.edu/elpaso/coronavirus/)
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**Prevention**

- Maintain 6+ ft from others
- Use alcohol based hand sanitizer/wash hands with soap after leaving an activity
- Wear a mask when social distancing is not possible
- Stay home if you are sick, unless to visit a doctor or hospital

**Treatment**

Research is ongoing, but at this time there is no FDA approved treatment, vaccine, or cure.

Drink fluids + Rest + Eat Well

**Hospitalization**

If you have to go to the hospital for emergency covid-19 care:

- Isolation rooms
- Oxygen
- Symptomatic Treatment

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