



Home Care Tips During COVID-19

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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

For more info and assistance visit:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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



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from Noun Project

Minimize contact with the person who is ill

Physically isolate

Disinfect regularly touched surfaces w/ household disinfectants or diluted bleach solution

Follow pain reliever directions for symptom relief

Interacting with others after COVID-19

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



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Be around others!



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For more information visit:

<https://el Paso.ttuhscc.edu/el Paso/coronavirus/>



Home Care Tips During COVID-19



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.

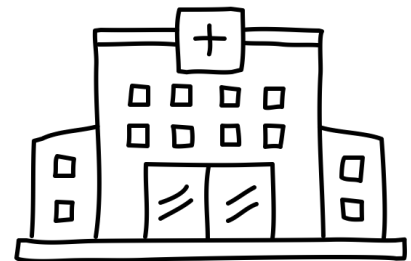


Drink fluids + Rest + Eat Well

Hospitalization

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

- Isolation rooms
 - Oxygen
- Symptomatic Treatment



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