

## Symptoms of COVID-19



Fever



Cough



Difficulty Breathing

## Caring for Someone at Home:

Increase Rest



[dreamstime.com](https://www.dreamstime.com/stock-illustration-dreamstime-com)



Increase Fluids (soup, tea, water)

Manage Fever and Body Aches:



Paracetamol or Panadol as directed by a pharmacist or doctor

## Managing Cough:

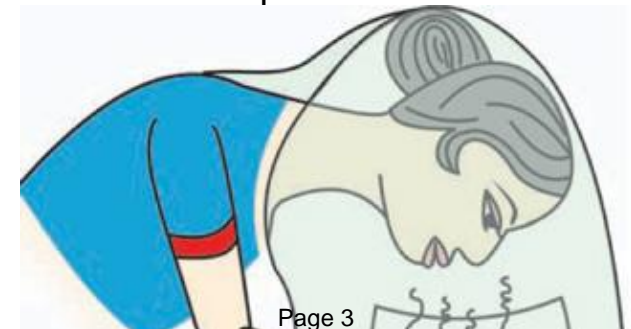


Make tea with honey and lemon water for children/adults over 12 months old

Cough drops for older children and adults



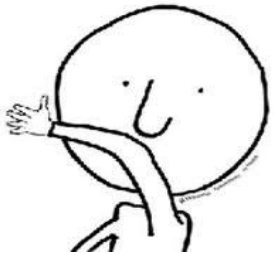
Steam can help to loosen mucous



## Protecting Others:



Wear a mask and cover cough



Wash hands frequently with soap and water



Stay home separate sick from well even in the home if possible



## When to go to the Hospital:

Emergency warning signs include:

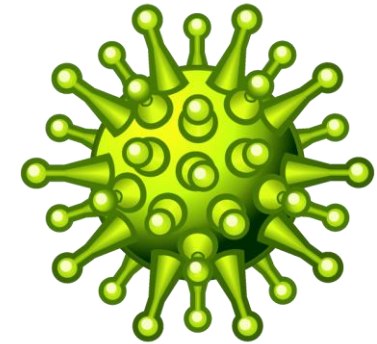


### Difficulty Breathing

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion inability to or arouse
- Bluish lips or face

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

# Caring for Someone with COVID-19



### Sources of Information:

World Health Organization

[www.who.int/images/default-source/health-topics/coronavirus/risk-communications/home-care-posters/home-care-ill-people-a4-covid.png](http://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/home-care-posters/home-care-ill-people-a4-covid.png)

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs)