

COVID-19 Self Care Plan

It is important that you self-isolate



Self-isolation means:

- You stay at home, in a room on your own with the window open and a phone so that you can talk to the doctor.
- Avoid contact with other people, including those at home.
- If you have a garden, balcony or backyard you can go out to get some fresh air, but need to stay 2 meters or 6 feet away from other people.
- Use your own cup, drinking glass, plate/bowl and cutlery and wash them after use.
- If you can, you should use a toilet and bathroom that no one else in the house uses.
- If you cannot have your own toilet and bathroom, the toilet and bathroom you use needs to be kept clean.

Symptoms of Coronavirus:

Very common symptoms are fever, fatigue, any kind of cough or muscle pain

Less common symptoms are sore throat, mild shortness of breath, runny or blocked nose, or headache.

Occasional symptoms are diarrhoea, nausea or vomiting.

Things you can do to get better quicker:

- Stay indoors
- Rest and sleep
- Don't Smoke
- Eat Healthily
- Keep Warm
- Take paracetamol to lower your temperature and treat aches and pains
- Drink water to avoid dehydration. Your pee should be light yellow or clear
- If you are on regular medications, continue to take them as normal
- Your pharmacist can advise you on the over-the-counter medicines that will help. Please do not go to the pharmacy yourself, ask your friends/family who are unaffected to go for you.

The most common Signs and Symptoms for COVID-19 are described below along with recommendations on how you can ease your symptoms within your own home

Cough:

- There is no quick way to get rid of a cough. It will usually clear up after your immune system has defeated the bug that is causing it
- The simplest and cheapest way to ease a cough is with any of the common over-the-counter remedies.
- You should rest. Hot lemon with honey has a similar effect as cough medicines. This hot drink is not suitable for babies.
- People with asthma: If you have asthma, you are probably already on inhalers and perhaps tablets to control your asthma. When your symptoms flare, you need to follow the management plan you have agreed with your doctor. This will vary depending on the pattern and severity of your asthma. It will usually mean taking your reliever inhaler 4 to 5 times a day. You may have to increase your preventer inhaler while you have the cough.

Difficulty breathing / Breathlessness:

- A cough associated build-up of phlegm (sticky mucus) may cause you to wheeze and cough. You will feel breathless because it will be difficult to move air in and out of your airways.
- You should rest, reduce exertion and try to relax your breathing.
- If you do not experience relief contact your GP/ Out of Hours GP or your pharmacy by telephone for further advice.

Muscle aches and pains:

- Resting and gentle stretching
- Take paracetamol. Ensure this medication does not have any adverse effects on medications you may be taking for another medical condition
- Avoid strenuous activities

Fatigue / Tiredness:

- Resting and sleep.
- Eat healthily: little and often may be most appropriate for you at this time.
- Reduce or cut out caffeine
- Do not drink alcohol.

Fever:

- Wear light clothing
- Drink water to prevent thirst, put a small drop of cordial in it to make it taste nice if necessary
- Rest
- Take paracetamol, or aspirin (*remember you shouldn't give aspirin to anyone under the age of 16*)

It is important you continue to:

- **Wash your hands frequently**
- **Maintain social distancing**
- **Avoid touching eyes, nose and mouth**
- **Practice respiratory hygiene:** This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Wash your hands immediately afterwards.

Signs that you are getting worse:

- If you start to feel very unwell, particularly if your breathing changes, becomes difficult or you cough worsens, telephone your Doctor immediately.
- If you feel you are getting very short of breath telephone your Doctor or Out of Hours service urgently. If you are very short of breath and cannot reach your GP service call the Emergency Services on 112 or 999.