

## **COVID-19: ADVICE ON TREATING SYMPTOMS AT HOME**

There is currently no specific treatment for coronavirus (COVID-19), but there are a number of steps you can take to treat the symptoms while isolating at home:

- ⇒ **Try to get plenty of rest and sleep**
- ⇒ **Use over-the-counter medicines to treat some of your symptoms such as a fever and headache**

### **Managing Cough**

- ⇒ **Try to avoid lying on your back**
- ⇒ **Simple remedies including taking a teaspoon of honey may help (not suitable for infants under 1yr old)**



### **Managing Fever (high temperature)**

A fever is your body's natural response to infection. Most fevers will improve of their own accord in a few days and aren't in themselves harmful. It is not usually necessary to take medicines just to get your temperature down.

There are a number of things you can do to help the discomfort associated with a fever:

- ⇒ **Wear loose comfortable clothing and make sure the room you are in isn't too warm. You shouldn't attempt to make yourself feel cold e.g. by taking a cold shower or bath**
- ⇒ **Drink plenty of water to avoid dehydration—drink enough so your pee is light yellow and clear**
- ⇒ **Take a medicine that reduces fever such as a paracetamol or ibuprofen (always read the product information and warnings to check the medicine is safe for you) This will also help with other symptoms such as pain or headache.**

### **Other Treatments**

If you have antibiotics at home, **do not take them to treat coronavirus**. As it is a virus, antibiotics will not improve coronavirus.

Despite the many claims reported online, there is not currently a cure or 'miracle' treatment for coronavirus.

**Ring [NHS 111](#) for information or advice if :**

- ⇒ **You feel you cannot cope with your symptoms at home**
- ⇒ **Your condition gets worse**