



You came to the emergency department with COVID-19. The doctor checked your breathing and oxygen level and it is safe for you to recover at home. This sheet explains how to look after yourself and when to come back.

What is it?

COVID-19 is an infection caused by a virus that spreads through the air when people cough, sneeze or talk. It can cause fever, cough, sore throat, tiredness, aches and loss of smell. Most people get better on their own within 1 to 2 weeks, but the cough and tiredness can last longer.

Looking after yourself at home

- Rest and drink plenty of fluids so your urine stays pale.
- Stay at home and away from others, especially older people and anyone who is unwell, while you have a fever.
- Wear a mask around other people, cover coughs, and wash your hands often.
- Open windows to let fresh air into your home.
- Lying on your front or side may help your breathing feel easier.
- Check on yourself each day: are you getting better or worse?

Medicines

- Paracetamol or ibuprofen can help with fever and aches, unless your doctor told you not to. Follow the packet or your doctor's instructions.
- Avoid ibuprofen if you have a stomach ulcer, kidney disease, some types of asthma, or are pregnant, unless your doctor says it is safe.
- If your doctor gave you antiviral tablets, start them straight away and take the full course.

Follow-up

- See your family doctor or health centre if you are not improving after 7 days.
- See your doctor if a cough or tiredness lasts more than 4 weeks.
- If you have a long-term condition, tell your doctor you have COVID-19 in case your usual medicines need a change.

Come back to the emergency department or call an ambulance straight away if:

- Breathing that is hard, fast, or getting worse, even at rest
- Being unable to speak in full sentences
- Chest pain or pressure that does not go away
- Blue or grey lips or face
- New confusion, or being very hard to wake
- Not passing urine for 12 hours, or being unable to keep fluids down



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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