

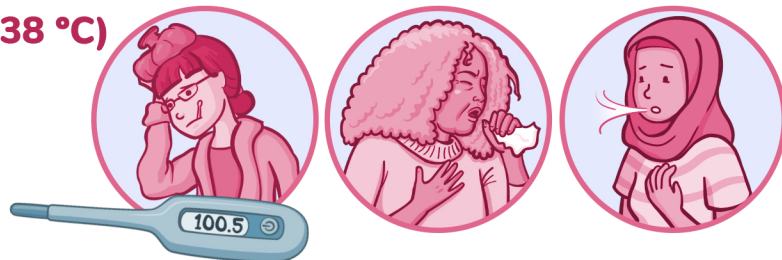
# Treating COVID-19 at Home During Quarantine

The scale of the COVID-19 outbreak means many non-health professionals will be forced into a caregiver role, whether they're treating a friend, a family member, or even themselves. This fact sheet is a quick primer on the essential information people should know to handle these situations effectively.



## COVID-19: symptoms

- **Fever ( $\geq 100.4$  °F or  $\geq 38$  °C)**
- **Cough**
- **Shortness of breath**



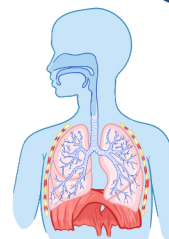
## Social distancing:

Social distancing is incredibly important for slowing the spread of COVID-19. Avoid going out in public for non-essential reasons, and work from home if possible. If leaving the house is unavoidable, steer clear of public transport, restaurants, coffee shops, and crowded spaces. These recommendations apply even to young, healthy people, who can spread the disease among one another, which can have two outcomes:



**1** If someone with COVID-19 comes into contact with a high-risk patient (people age  $\geq 60$  years or people with chronic conditions like heart disease, diabetes, lung disease) that person can become ill.

**2** Even a young, healthy person can develop severe complications from COVID-19, including lasting pulmonary fibrosis (thickening and scarring of the lung tissue), and there's a small but not insignificant mortality risk as well.



**Anyone who may have COVID-19 or has just returned home after travel is encouraged to stay at home in isolation for 14 days, even if the symptoms clear up before then.**

## Best practices at home:

To mitigate the risk of COVID-19 spreading at home:

- Practice frequent hand-washing with soap and water (20 seconds each time).
- Cover coughs and sneezes with a tissue or the crook of the elbow.
- Avoid sharing household items like dishware, bedding, and towels, and wash these items thoroughly after use.



## Checklist of home-care supplies:

Keep the following supplies on-hand at home to treat cases of COVID-19:



- Tissues
- Acetaminophen (avoid ibuprofen)
- Cough medicine with cough suppressant and expectorant
- A working thermometer
- Hand soap
- Hand sanitizer with 60-95% alcohol (but soap and water is better)
- Humidifier
- Supply of clear fluids like water and broth
- Batch cook and freeze meals now so you don't have to cook later if you are sick

## Treatment guidelines:

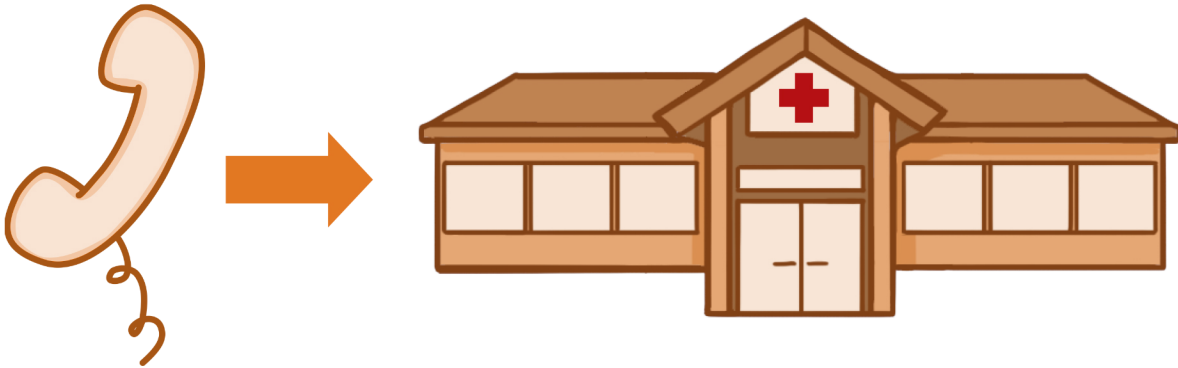
Most cases can be treated at home. If you suspect you may have COVID-19 or find yourself having to treat someone who might, follow these guidelines:



- Drink plenty of clear fluids like water and broth.
- Run a humidifier or breathe in steam from the shower.
- Wear a mask if sick, or if temporarily entering the room of someone who is being treated.
- People with COVID-19 should maintain at least six feet of distance from other people, animals, be isolated in a separate room, and use a separate bathroom if possible.
- Regularly disinfect counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables while wearing protective gloves if possible; throw gloves away after cleaning everything.
- Handwashing is paramount. Use soap and water for at least 20 seconds each time.

## When to go to the clinic:

Generally, COVID-19 can be treated at home using the above methods. If a COVID-19 patient's condition worsens, **call your doctor or a local health hotline before heading to the hospital or clinic.**



Signs that someone requires hospitalization include:

- **Rising fever**
- **Worsening cough**
- **Increased difficulty breathing**



## List of COVID-19 resources on Osmosis:



Dealing with a pandemic of this scale is taking a toll on people's mental health. In an effort to have each other's backs, Osmosis has gathered resources to help people stay calm and collected during this crisis. Visit this web page for more information:

<https://osms.it/covid-19-resources-public>