



At-Home Symptom Management for COVID-19

Common Symptom	Self-Management Strategy
Fever (≥ 37.8 °C if have thermometer)	<ul style="list-style-type: none"> • Drink fluids regularly. • Let your body cool down by wearing fewer layers when comfortable and able • If your fever is still over 37.8, you may try acetaminophen* (Tylenol) <ul style="list-style-type: none"> ○ 500-650mg by mouth every 4-6 hours as needed for pain and/or fever. • If you are not able to have acetaminophen, ibuprofen** (Advil) can also be used <ul style="list-style-type: none"> ○ 400mg by mouth every 4-6 hours as needed for pain and/or fever
New or worsening cough	<ul style="list-style-type: none"> • Avoid lying on your back, try to sleep propped up • If available, over the counter cough suppressant products can be helpful
Body Aches	<ul style="list-style-type: none"> • Rest as much as you are able • Light stretching • May try acetaminophen* (Tylenol) <ul style="list-style-type: none"> ○ 500-650mg by mouth every 4-6 hours as needed for pain and/or fever.
Sore throat	<ul style="list-style-type: none"> • Cough drops, such as Halls, as needed • May try acetaminophen* (Tylenol) <ul style="list-style-type: none"> ○ 500-650mg by mouth every 4-6 hours as needed for pain and/or fever
Nausea or vomiting	<ul style="list-style-type: none"> • Drink water and eat simple foods in small sips/quantities • May try dimenhydrinate (Gravol)*** <ul style="list-style-type: none"> ○ 25-50mg by mouth every 4 hours as needed to a maximum of 400mg in 24hrs ○ Avoid if drowsy

***avoid** acetaminophen if allergic. Check with your health care provider if you have liver problems. Unless otherwise directed, the maximum recommended dose for healthy adults is 3000mg in 24 hours

****avoid** ibuprofen if allergic. Check with your health care provider if you have kidney problems. Unless otherwise directed, the maximum recommended dose for healthy adults is 1200 mg in 24 hours

*****avoid** dimenhydrinate if allergic, drowsy or confused. Check with your health care provider if you have liver problems. Unless otherwise directed, the maximum recommended dose for healthy adults is 400mg in 24 hours

ICHA

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Call your Health care provider*

- Any new or ongoing non-emergency medical condition requiring assessment or treatment while in isolation, including:
 - New or renewal of prescriptions
 - Worsening but non-emergency symptoms or distress about COVID symptoms experienced

*If you do not have a health care provider, you can speak with a nurse over the phone – ask shelter staff to connect you

CALL 911

- Persistent or worsening chest pain
- Difficulty breathing
- Extreme weakness
- Confusion
- Trouble staying alert
- Cold, clammy or pale skin
- Blue lips or face
- Little to no urine production
- Neck stiffness
- Fainting
- Coughing up blood or vomit appearing like dark 'coffee grounds'
- Blood in stool/feces, if it looks like tar or diarrhea with blood