



HOW TO TREAT CORONAVIRUS SYMPTOMS AT HOME

TEMPERATURE



- ✓ **Get lots of rest.**



- ✓ **Drink plenty of fluids** (water is best) to avoid dehydration - drink enough so your pee is light yellow and clear.



- ✓ **Take paracetamol or ibuprofen** if you feel uncomfortable.



COUGH



- ✓ **Lie on your side or sit upright instead.**
Avoid lying on your back.



- ✓ **Try having a teaspoon of honey** to help ease a cough. But do not give honey to babies under 12 months.

If this does not help, ask a non-isolating friend or family member to seek advice from a pharmacist on your behalf.

BREATHLESS



- ✓ **Keep your room cool.** Try turning the heating down or opening a window.
DO NOT use a fan as it may spread the virus.



- ✓ **Try breathing slowly in through your nose** and out through your mouth, with your lips together.



- ✓ **Sit upright** in a chair relaxing your shoulders.



- ✓ **Lean forward slightly** - support yourself by putting your hands on your knees or on something stable like a chair.

Try to stay calm if you're feeling breathless. Anxiety can make it worse.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

DO NOT GO TO A PHARMACY

If you or someone you live with has coronavirus symptoms, you must all stay at home.

If you're concerned about your symptoms and need medical advice, use the **NHS 111 online coronavirus service.**

GETTING HELP WHILE YOU'RE STAYING AT HOME

Thurrock Coronavirus Community Action can help you while you have to stay at home (self-isolate). Call **01375 511 002** 9am to 3pm (Monday to Friday only)