


AT HOME WITH COVID-19?

Here's what to watch for:



Keep watching symptoms, get rest, and stay hydrated.

- May have fever, cough, and the other usual symptoms of COVID-19
- Breathing is okay:
 - Not wheezing
 - Not short of breath while resting
- Able to eat and drink
- Feeling a bit weak or tired, but able to take care of yourself or have help to take care of yourself



Call your doctor/nurse practitioner, a walk-in clinic, or 811.

- Breathing is worsening:
 - Chest feels tight, unable to inhale and exhale fully
 - Breathing takes effort
 - Feeling winded, feel a need for more oxygen/more air
- Fever is higher than 40.5° C or if it stays higher than 38.5° C for longer than 72 hours
- Rash with fever, rash that doesn't disappear when pressed
- Dehydrated— not peeing as much as usual, feeling very light headed, very dry mouth, dark urine
- Unable to take care of yourself and don't have help
- Bothering side effects from medications being used to treat COVID-19



Emergency care needed immediately.

Call 911, go to Emergency Department, Hospital, or Health Centre.

- Breathing is much worse:
 - Very short of breath—cannot complete sentences when at rest
 - Rapid breathing—more than 30 breaths per minute
 - Wheezing/strange sounds when breathing—high-pitched whistling, rattling
- Persistent pain or pressure in the chest
- Coughing up blood
- Confused and not thinking clearly
- Having a hard time waking up and/or staying awake
- Fainting/passing out/losing consciousness or having seizures
- Gray or blue colored skin, lips, or nail beds
- Anaphylactic/allergic reaction to medications being used to treat COVID-19



This list may not include all possible symptoms. Get emergency care for any symptoms that make you or the people caring for you worried or concerned.

REFERENCES:

National Institutes of Health. COVID-19 treatment guidelines: clinical spectrum of SARS-CoV-2 infection [Internet]. April 21, 2021. Available from: www.covid19treatmentguidelines.nih.gov/overview/clinical-spectrum
BC Centre for Disease Control. Guidance for Primary Care Management of Adults in the Community with Suspected or Confirmed COVID-19 [Internet]. Updated 16 July 2021. Available from: http://www.bccdc.ca/Health-Professionals-Site/Documents/BC_COVID_primarycare_outpatient_mgmt.pdf
Alberta College of Family Physicians. Alberta Medical Association. Navigating COVID [Internet]. Updated 20 Jan 2022. Available from: <https://www.albertadoctors.org/COVID-19-info-resources/navigating-covid.pdf>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>