


# AT HOME WITH COVID-19 OR INFLUENZA?

## Here's what to watch for:



Keep watching symptoms, get rest, and stay hydrated.

- May have fever, cough, muscle aches and pains, and other usual symptoms of COVID-19 or influenza
- Breathing is okay:
  - Not wheezing
  - Not short of breath while resting
- Able to eat and drink enough to stay hydrated
- 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 breathe in and out 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, very dry mouth, dark urine
- Unable to take care of yourself and don't have help



Emergency care needed immediately.

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

- Breathing is much worse:
  - Very short of breath—struggling for breath, able to only speak in single words
  - 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
- Grey or blue colored skin, lips, or nail beds
- Anaphylactic/allergic reaction to medications being used to treat COVID-19 or influenza



**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]. Sept 26, 2022. Available from: [www.covid19treatmentguidelines.nih.gov/overview/clinical-spectrum](https://www.covid19treatmentguidelines.nih.gov/overview/clinical-spectrum)  
Centers for Disease Control and Prevention. Influenza - Information for Health Professionals [Internet]. Aug 31, 2022. Available from: <https://www.cdc.gov/flu/professionals/index.htm>