



Living Healthier Together – What to do if you get COVID-19

Most people infected with the COVID-19 virus recover in about 2 weeks without special medical attention. So, in most cases, you can practice self-care at home. And of course you can call and speak to a nurse at Centre de santé. Here we all are!

We work with the public health authorities

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19>

Here’s their best advice for managing symptoms. For adults, resting will help you fight the disease, but don’t stay in bed the whole day. Resume your normal activities as soon as you’re up to it, but stay isolated even if you feel better. Drink as much fluid as you can, especially if you have a fever. The recommended daily intake is 1.5 litres a day, and avoid alcohol and caffeine. Take over-the-counter medications (if you have no contraindications) to relieve fever, muscle aches, headaches, and other symptoms. Acetaminophen (Tylenol®) is



Janet

preferable, but non-steroidal anti-inflammatories (Advil® and Motrin®) are also safe. Avoid taking products with the same ingredients, such as Tylenol® and TylenolSinus®, at the same time. Be sure to continue taking your usual medications as well. Contact your pharmacist if you have questions about how over-the-counter medications might interact with your prescriptions.



Mary-Ellen

For a sore throat: Suck on ice cubes or non-medicated lozenges, water (½ tsp salt in 250 ml of warm water), eat soft, cold foods like cheese, and ice cream. **For a stuffy or runny nose:** Use saline solution mucus discharge. Note that decongestants and saline solution are against loss of smell. **Prop yourself up to quiet a persistent cough so better.**



Heidi

gargle with salt yogurt, cottage to thin out the ineffective you can sleep

Managing symptoms in children is much the same as in adults: encourage your child to rest and to resume normal activities as they have a fever. If for example, you Pedialyte®. If they Over-the-counter



Karine

soon as they’re up to it. Encourage them to drink fluids, especially if your child shows signs of dehydration due to vomiting and diarrhea, can give them a rehydration solution sold in pharmacies, like are older than 3 months, give them medication to relieve discomfort: medication can be used to relieve fever or pain.

In all cases, you must follow isolation recommendations, wash your hands often, don’t share personal items (drinking glasses, dishes, etc.), monitor symptoms and watch for changes in condition. If you think you should go to the hospital, the government has published a Decision Fact Sheet :



Katie

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/decision-fact-sheet-covid-19>

Phone us at 819-838-1082 if you need advice.

“Embrace and love your body. It is the most amazing thing you’ll ever own.”