









# Information for managing at home with COVID-19

Common symptoms	Management advice	 <b>Avoid</b>
 <b>Fatigue</b> (feeling really tired)	<ul style="list-style-type: none"> <li>Rest</li> <li>Only do what you feel up to; it's okay to let other household members help you</li> </ul>	<ul style="list-style-type: none"> <li>Don't do heavy exercise or other busy activities that wear you out until you feel well again</li> </ul>
 <b>Fever</b> (feeling hot or high temperature on a thermometer)	<ul style="list-style-type: none"> <li>Rest and drink plenty of water or other fluids</li> <li>Use a cool cloth to wash your face, hands and neck</li> <li>Make the house a comfortable temperature and open windows for ventilation (breeze) – but make sure you don't get too cold</li> <li>Take paracetamol or ibuprofen, if needed*</li> </ul>	<ul style="list-style-type: none"> <li>Don't use heavy clothing/bedding, hot water bottles, electric blankets</li> </ul> <div style="border: 1px solid green; padding: 5px; margin-top: 5px;"> <p> Talk to your GP if body temperature is <math>\geq 40^{\circ}\text{C}</math> in an adult or <math>\geq 39^{\circ}\text{C}</math> in a child or older person</p> </div>
 <b>Sore throat</b> <b>Cough</b>	<ul style="list-style-type: none"> <li>Try sucking on a spoon of honey or sipping a hot drink</li> <li>Gargling salt water, using a throat spray or lozenges can help with sore throats</li> <li>Some people find cough syrup medicines* can help, but they work about the same as the suggestions above</li> </ul>	<ul style="list-style-type: none"> <li>Don't lie on your back if you have a cough; leaning forward while sitting or standing can help you breathe more easily if you are feeling uncomfortable</li> </ul>
 <b>Runny or blocked nose</b>	<ul style="list-style-type: none"> <li>Use saline nose drops or a spray</li> <li>"Decongestant" medicines from your pharmacy may be helpful in the short-term*</li> <li>Some people find steam inhalation makes them feel better for a short time, but you have to be careful not to burn yourself (N.B. steam does <u>not</u> kill the virus)</li> </ul>	<ul style="list-style-type: none"> <li>Don't use decongestants for longer than 7 days</li> <li>Don't use steam inhalation for children</li> </ul>
 <b>Headache or muscle aches</b>	<ul style="list-style-type: none"> <li>Some people find a bath is soothing or use a heat pack</li> <li>Take paracetamol or ibuprofen, if needed*</li> </ul>	<ul style="list-style-type: none"> <li>Don't stop drinking fluids (even if you feel unwell)</li> <li>Drinks with high sugar content can make diarrhoea worse</li> </ul>
 <b>Nausea</b> (feeling sick) <b>and vomiting</b> <b>Diarrhoea</b>	<ul style="list-style-type: none"> <li>Have regular small sips of fluid or try sucking on ice cubes if you are having trouble keeping solids down; eating bland foods may help, e.g. crackers, toast</li> <li>Food or drink that contains ginger may help settle nausea</li> <li>If you have ongoing vomiting or diarrhoea, talk to your doctor or pharmacy about drinks you can make at home, buy or be prescribed (oral rehydration solution)</li> </ul>	<div style="border: 1px solid green; padding: 5px; margin-top: 5px;"> <p>* <b>Note:</b> Talk to your local pharmacy or general practice clinic if you need more advice about the medicines that you can take</p> </div>
<b>Less common symptoms</b>	<ul style="list-style-type: none"> <li>Losing sense of taste and smell, skin rash, red or irritated eyes</li> </ul>	

## When will I get better?



For most people, **symptoms are worst during the first week** (days 4–6) and then slowly start to get better. Some people will only have mild symptoms the whole time.



If you are not feeling better in 2 weeks, you start to feel worse or new symptoms appear, contact your **general practice** (*during the day*) or the **COVID-19 Healthline** (*after hours – see below for contact details*)

## Stay at home

For more info, visit: <https://covid19.govt.nz/isolation-and-care/how-to-self-isolate/>



- You and the people you live with need to stay at home for at least 10 days
- Don't invite people into your home – ask other family or friends to bring you what you need and drop it at the door. If you need help with supplies, contact Whānau Home Quarantine (*see below*).



**Call 111 if you have any of these things** (*tell them you have COVID*):

- Severe difficulty breathing or severe chest pain
- Confusion or difficulty thinking clearly
- Feeling faint, passing out, difficulty waking up
- A large amount of blood when you cough (having some streaks of blood is common and usually nothing to worry about)

## Caring for child with COVID-19?



- Use all of the same advice on this sheet
- Monitor your child's temperature with a thermometer if you have one

**Remember:** Children may be unable to tell you what's wrong so watch carefully for any unusual behaviour

## Not up to date with vaccination?



- You can get the COVID-19 vaccine (or a booster) 3 months after you recover

**Note:** you still need this, even if you've had COVID-19



**For further information** about COVID-19 self-care and specific advice on caring for children with COVID-19, visit:

- <https://www.healthnavigator.org.nz/>
- <https://www.healthinfo.org.nz/index.htm?Coronavirus.htm>



**COVID-19 Healthline:** 0800 358 5453  
**Whānau Home Quarantine:**

- Help with your care: 0800 687 647
- Help with supplies: 0800 512 337