

How to manage your health at home when you have COVID-19

- 1. Stay at home.** Avoid going to work or school or to public places. If you must leave the house, avoid using public transit (buses, taxis, etc.).
- 2. Make every possible effort to stay isolated from your other family members.**
 - Do not have visitors over.
 - Stay alone in one room of the house as much as possible and keep the door closed.
 - Eat and sleep alone in one room of the house.
 - If possible, use a bathroom that is reserved for you. If this is not possible, disinfect the bathroom after each use.
 - Avoid contact with the other people in the house as much as possible. If this is not possible, wear a mask. If no mask is available, keep a distance of at least 2 metres (the length of a large kitchen table) between you and others.
 - Limit your contact with pets.
 - Use paper tissues when you cough, blow your nose, or sneeze.
 - Throw your used tissues in the garbage, then wash your hands with soap and water.
 - If you don't have a tissue, cough or sneeze into your elbow.
- 3. Avoid sharing personal items with other family members** (cutlery, dishes, bedding, towels, etc.).
- 4. Monitor your symptoms.** The main symptoms of COVID-19 include:
 - Fever;
 - Cough;
 - Respiratory problems.

The symptoms may be mild (similar to cold symptoms) or more severe (such as those associated with pneumonia). In rare cases, the illness can be fatal. The people most at risk of complications are those with weakened immune systems or chronic illnesses as well as the elderly.

IF YOUR SYMPTOMS GET WORSE:

For example:

- Severe respiratory distress (e.g. you're fighting for each breath, you're having trouble talking);
- Severe chest pain;
- Fatigue and extreme drowsiness;
- Confusion;
- Loss of consciousness.

CALL 911. Tell the emergency response teams that you have COVID-19.

5. **Manage your symptoms.** There is no specific treatment or vaccine for COVID-19. Supportive treatments can, however, ease the symptoms.

- Preliminary reports from France suggest that non-steroidal anti-inflammatory drugs can worsen and complicate COVID-19 infection. This means that anti-inflammatories such as ibuprofen (Advil) or naproxen (Aleve) are not to be taken to treat the fever associated with COVID-19. **People taking these medications for other medical reasons (e.g. acetylsalicylic acid [Aspirin]) should not stop taking them without talking to their family doctor.**
- Based on this information:
 - **Use acetaminophen (Tylenol) to manage fever;**
 - **Get lots of fluids;**
 - **Rest.**

6. **Wash your hands often.** Wash your hands with soap and warm running water for at least 20 seconds. Use an alcohol-based disinfectant if you do not have access to soap and water.

7. **Clean and disinfect frequently touched objects and surfaces** (door handles, etc.).

8. An individual who has been placed on home isolation due to the presence of COVID-19 with lab confirmation can stop home isolation 14 days after the onset of their first symptom, without the need for convalescent testing, provided they are afebrile and have improved clinically. Absence of cough is not required for those known to have chronic cough or who are experiencing reactive airways post-infection.

These criteria do not apply to hospitalized patients. Those who work in health care settings may need to meet additional requirements before returning to their workplace.

References:

1. Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html>
2. Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are->

[sick/caring-for-yourself-at-home.html](#)

3. Government of Quebec: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>