

How to care for yourself or others with COVID-19

Most people with COVID-19 have milder illness and are able to recover at home without medical care. Follow these steps if you or someone in your household has tested positive for COVID – 19 or has COVID -19 symptoms. Common symptoms include cough, fever, shortness of breath, sore throat, and general muscle aches.

Seek medical advice, if needed

- **Pay attention to the symptoms.** If the symptoms get worse, call a healthcare provider for guidance.
- **Watch for emergency signs.** Call 9-1-1 if the sick person has:
 - Trouble breathing
 - Constant pain or pressure in the chest
 - Unusual feelings of confusion or not able to respond
 - Lips or face have a blue or purple tint
 - Severe constant dizziness or lightheadedness
 - Slurred speech (new or worsening)



Provide comfort



- Choose one person in the household to be the main caretaker.
- Make sure the sick person gets plenty of rest.
- Use over-the-counter medication for fever, sore throat and general discomfort. Follow instructions from your healthcare provider.

Prevent dehydration

Encourage the sick person to drink liquids (water, broth, herbal tea, juice, etc.).

- Offer small amounts of fluid frequently, even if they do not feel thirsty.
- If the sick person is not eating solid food, give fluids that contain sugars and salts, such as Pedialyte® or Lytren® (undiluted), broth, or sports drinks (diluted half and half with water).

Make sure the sick person avoids drinking alcohol, caffeinated, or diet drinks. Do not use tobacco.

Watch for signs of dehydration

Someone who is dehydrated may:

- Be weak or unresponsive (if someone is unresponsive, call 9-1-1)
- Have a dry mouth and tongue
- Produce less urine, which becomes dark in color.

Check for dehydration

- Gently pinch layers of skin between your thumb and forefinger for 1 second (best done on the belly skin of a child and on the upper chest of an adult).
- Normally, the skin will flatten out into to its usual shape right away. If sick person is dehydrated, the skin will "tent" or take 2 or more seconds to flatten out.

If the sick person is dehydrated:

- Give plenty of fluid through frequent sips or spoonful's over a 4-hour period.
- Watch for an increase in urination and a lighter color of the urine.
- Call a healthcare provider if dehydration worsens.

**AM I DEHYDRATED?
HERE'S HOW TO TELL**

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:

- THIRST
- DRY MOUTH
- FATIGUE
- HEADACHE
- INFREQUENT URINATION AND/OR DARK URINE
- CONSTIPATION
- MUSCLE CRAMPS
- CRAVINGS FOR SWEETS
- DRY SKIN OR SKIN THAT'S LOST ITS ELASTICITY
- DIZZINESS OR LIGHTEADEDNESS
- BAD BREATH
- ALTERED MOOD, CRANKINESS, OR FUZZY THINKING

SIGNS OF SEVERE DEHYDRATION INCLUDE:

- RAPID BREATHING
- RAPID HEARTBEAT
- SEVERE DIZZINESS OR LIGHTEADEDNESS
- UNCONSCIOUSNESS OR DELIRIUM
- NOT URINATING, OR HAVING VERY DARK-COLORED URINE
- EXTREMELY DRY OR SHRIVELED SKIN THAT LACKS ELASTICITY
- SUNKEN EYES
- EXTREME THIRST
- LOW BLOOD PRESSURE
- NOT SWEATING EVEN WHEN YOU SHOULD BE (FOR INSTANCE WHILE OUT FOR A RUN IN HOT WEATHER)

Prevent the spread of COVID-19 in the home

For more information on preparing your home see "How to Set-up Your Home For Isolation" document.

Anyone ill should:

- **Stay home**, except to get medical care.
- **Use a separate bedroom and bathroom** if possible. If that's not an option, try to stay at least 6 feet apart from each other when you're sleeping and interacting and frequently clean/disinfect any high-touched surfaces.

Caregivers should:

- **Wear a cloth face mask and gloves when providing care**, if available. [Cloth face masks](#) should be worn by the sick person and caregiver when in close contact. Bandanas or other cloth that covers the mouth and nose can serve as masks.
- **Clean surfaces throughout the home daily**. Use soap and water or other household cleaners, then use a disinfectant. If you don't have a disinfectant, a paper towel dipped in 60% or greater isopropyl alcohol will kill the virus.
- **Wash laundry thoroughly**. Keep the laundry away from your body. Wash your hands immediately after handling laundry.

Everyone in the household should:

- **Cover coughs and sneezes**.
- **Clean hands thoroughly and often**. Wash with soap and water for at least 20 seconds.
- **Avoid sharing personal household items** (dishes, towels, bedding, etc.).

Support for stress and anxiety

If you are sick with COVID-19 or caring for someone who is sick, it can be stressful and worrisome. QIN Behavior Health is providing tele-health services for anyone who needs to speak to someone about anxiety, stress, etc.

Patients may schedule tele-health services with our QIN Behavioral Health Program which includes Chemical Dependency by calling Tuesday, Wednesday or Thursday between 8:00 AM-4:30 PM at (360) 276-8215 ext. 8325. If you need to call the after-hours line when the Clinic is not open, please do so by calling (360) 533-8765.

