

## Managing Coronavirus

... What To Do, What To Expect, How To Treat, What To Look For

### You can manage this!

If you have any of the symptoms listed, the very first thing to do is to isolate yourself and inform all the people you have been around and in contact with over the previous 5-7 days.

Remember: one infected person can infect more than three others, so please contact them and insist that they isolate now for seven days to try and slow the spread of infection.

The next thing to do is not to PANIC! For 80-90% of people, this is an infection which they can manage themselves. While there is no direct treatment to kill the virus, there are things you can do to manage it, so please DO NOT contact emergency services unless the infection worsens (see below on what to look for).

#### WHAT TO EXPECT:

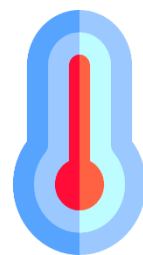
This is based on the experience of many patients, but bear in mind that not everyone has all of these symptoms. However, if you have cough and fever, you should assume it is coronavirus. This is how it is likely to progress:

#### Days 1 to 4:

A high temperature and fever. You do not need to have a thermometer to know if you have a temperature; you feel hot, sweaty, and tired. The temperature will come and go; sometimes it may reduce and you feel better, but then it returns. It can continue like this for three or four days.

Feeling tired and exhausted. The temperature makes you feel tired, but general feelings of tiredness can come and go. For some people, they feel reasonably OK in the mornings but, in the afternoon, feel lethargic. Generally, the first three days are where you tend to sleep more; gradually, as time passes, there are periods when you feel better.

Cough. A dry cough which is persistent (that means coughing more than three times in an hour, coughing at night).



Sore throat. Feels scratchy and hoarse.

Loss of appetite. Just like having 'flu, you don't feel like eating much. You may also find that you lose your sense of taste and smell, which doesn't help, but it will return.

Headaches. These can accompany the high temperature. It is usually across the entire head but may be only in the forehead.

## Days 4 to 7:

Temperature may still be high, fluctuating up and down.

Feelings of tiredness and exhaustion might gradually lessen, giving sufficient opportunity for small bouts of exercise.

Breathlessness can occur after moving around; for example when using stairs, or just coming and going.

## Days 7 to 14:

Around day 7, you should see some improvement in symptoms, but please be patient as it takes some people longer than others. Gradually build up exercise; seize the times when you are feeling less tired and go for a short walk, but **YOU MUST STILL AVOID ANY CONTACT WITH OTHERS.** At this stage, lookout for breathing-related symptoms (see below what to look for).

### TREATING SYMPTOMS:

Paracetamol helps with fevers and temperature - it's better than Nurofen or Ibuprofen.

Drink as much water as you can. It is important to stay hydrated.

Lemon juice and honey (you can avoid honey if you have diabetes). Mix them together to sooth a cough and boost your vitamin C.

Ginger. Peel and grate a piece the size of your thumb, and put into a teapot to make fresh ginger tea to assist with digestion and promote well-being.

Deep breathing. Take some time to take five deep breaths three times a day to keep your lungs flexible and improve capacity.

Sleep as much as you can - until you are feeling less tired during the day. It will help your body marshal its defences.

Exercise. It's important to keep moving, so do what you can each day. A walk around the block or garden (if you are lucky enough to have one) is fine, but you **must stay isolated.**

Food. Light meals, such as soup or scrambled eggs, might work best soup, scrambled eggs and other.



### WHAT TO LOOK FOR:

**Breathlessness that persists and gets worse over time.** Usually, you will develop breathless around day 5 or 6 but, if it becomes more prolonged or worsens, you should:

- **Look:** how often is this happening?  
Keep a note of the number of times in the day when it happens – are your usual activities becoming troublesome?
- **Look:** how often do you pass urine, and what is its colour and smell?  
Try to make sure you go frequently and that the colour is pale (drinking water will help).
- **Look:** what is the colour of your phlegm?  
Dark or thick phlegm suggests a need for water.
- **Listen:** to your chest – what can you hear?  
Rattle? Phlegm? If this persists, and breathlessness increases, ring 111 to seek further advice.