

## Self-Care Instructions for patients with COVID-19

### General Information

- COVID-19 is a contagious respiratory illness caused by a virus that spreads from person to person.
- The virus is transmitted through respiratory droplets from coughing, sneezing, talking, or laughing.
- COVID-19 is usually a self-limited illness in young adults.
- Self-limited illnesses have mild to moderate symptoms, can be treated at home and resolve on their own.
- Some young adults, however, have conditions or take medications that increase their risk of severe illness requiring hospital care for COVID-19. Examples of such conditions include some asthma, heart conditions, diabetes, cancer, kidney disease and liver disease. More information about these medical conditions can be found here: [People with Certain Medical Conditions and COVID-19 Risk Factors | COVID-19 | CDC](#) Medication examples include immunosuppressant drugs that treat conditions like Crohn's disease, psoriasis, lupus and rheumatoid arthritis. If you have a risk factor **or are not sure**, contact your primary care provider or the UHC for guidance.

### Symptoms

- Fever
- Cough
- Shortness of breath/difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Diarrhea, nausea, stomach pain
- New loss of taste or smell
- Fatigue

### Self-care measures:

- Rest
- Drink plenty of non-alcoholic fluids
- Acetaminophen (Tylenol®) 650 mg every 6 hours and/or Ibuprofen (Advil®) 600 mg every 6-8 hours as needed to reduce fever, aches, or other pains.
- Treat any bothersome symptoms with over-the-counter medication

### Limit spread to others:

- Isolate yourself as completely as possible.
- [Preventing Spread of Respiratory Viruses When You're Sick | Respiratory Illnesses | CDC](#) and for isolation, stay home and away from others until fever-free for more than 24-hours (temperature should be less than 100 degrees Fahrenheit without medication) and symptoms are beginning to improve.

- Isolation means:
  - Avoid interacting with others
  - Wear a mask if you must be around anyone else
  - Do not use a sit-down dining facility or indoor retail dining while in isolation. If you have a meal plan, use campus options where you can get takeout meals.
- Contain coughs and sneezes using tissue or the crook of your elbow
- Contact all of your professors to let them know you are ill and unable to attend classes at this time.
- Set up a plan with each professor related to your academic needs.

**When to seek care from a medical provider:**

- If you are at increased risk for severe illness based on a medical condition or prescribed medication
- Fever over 102 degrees Fahrenheit that lasts for more than 3 days
- Shortness of breath
- Pain/pressure in your chest
- Confusion or disorientation
- For symptoms that last over 10 days and get worse instead of better

CDC Link to more information: What to do if you are sick: [Coronavirus Disease 2019 \(COVID-19\) | COVID-19 | CDC](#)