



COVID-19 Self Care Plan



Things you can do to get better quicker:

- Stay indoors
- Eat healthily
- Take paracetamol to lower your temperature and treat aches and pains.
- Drink water to avoid dehydration. Your pee should be light yellow or clear.
- Your pharmacist can advise you on over-the-counter medicines that will help. Please do not go to the pharmacy yourself, ask your friends/family who are unaffected to go for you.
- Rest and sleep
- Keep warm
- Don't smoke

The **most common Signs and Symptoms** for COVID-19 are described below along with recommendations on how you can ease your symptoms within your own home

Cough:

- There is no quick way to get rid of a cough. It will usually clear up after your immune system has defeated the bug that is causing it.
- The simplest and cheapest way to ease a cough is with any of the common over-the-counter remedies.
- You should rest. Hot lemon with honey has a similar effect as cough medicines. This hot drink is not suitable for babies.
- People with asthma:
If you have asthma, you are probably already on inhalers and perhaps tablets to control your asthma. When your symptoms flare you need to follow the management plan you have agreed with your doctor. This will vary depending on the pattern and severity of your asthma. It will usually mean taking your reliever inhaler 4 to 5 times a day. You may have to increase your preventer inhaler while you have the cough.

Difficulty breathing / Breathlessness:

- A cough associated build-up of phlegm (sticky mucus) may cause you to wheeze and cough. You will feel breathless because it will be difficult to move air in and out of your airways.
- You should rest, reduce exertion and try to relax your breathing.
- If you do not experience relief contact the HSE live number **1-850-24-1850** or your GP/Out-of-Hours GP or your Pharmacy by telephone for further advice.

Muscle aches and pains:

- Resting and gentle stretching.
- Take paracetamol. Ensure this medication does not have any adverse effects on medications you may be taking for another medical condition.
- Avoid strenuous activities.

Fatigue / Tiredness:

- Resting and sleep.
- Eat healthily: little and often may be most appropriate for you at this time.
- Reduce or cut out caffeine
- Do not drink alcohol.

Fever:

- Wear light clothing
- Drink water to prevent thirst, put a drop of cordial in it to make taste nice if necessary
- Rest.
- Take paracetamol, or aspirin (remember you shouldn't give aspirin to anyone under the age of 16).

It is important you continue to:

- **Wash your hands frequently**
- **Maintain social distancing**
- **Avoid touching eyes, nose and mouth**
- **Practice respiratory hygiene:** This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Wash your hands immediately afterwards.

Feeling worse:

If you start to feel much worse instead of getting better, please contact HSE live number **1-850-24-1850** or your GP/Out-of-Hours GP/Ambulance service and quote your CRM number, if available.

HPSC Self-Quarantine:

www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/contacttracingguidance/self-quarantine.docx