

COVID-19 Selfcare

If you are experiencing symptoms of COVID-19, you will need to rest and monitor your symptoms at home.

What is Self-Care? Rest, drink enough fluids, and treat symptoms at home.

Here are some over the counter medications you can try: (follow the directions on the box for how much/how many to take and how often)

- Tylenol (if not allergic or it doesn't interact negatively with any of the medications or health problems you may have)
- Guaifenesin for cough
- Pseudoephedrine or phenylephrine for stuffy nose
- Diphenhydramine for runny nose

What does Self Isolation mean?

- Stay home with a strict no visitor policy
- Avoid public areas
- Avoid public transport, rideshares, and taxis
- Stay in an assigned "sick" room, use a separate bathroom if available
- Limit contact with pets and animals
- Call ahead to healthcare facilities before presenting (wear a mask if you have one)

Cover your coughs/sneezes with tissue. Dispose in a lined trash can, then wash your hands for 20 seconds with soap and water or use hand sanitizer that is at least 60% alcohol and do it often. Avoid touching your eyes, nose, and mouth.

Do not share eating/drinking dishes or any linens with others.

What to do if you develop worrisome symptoms:

- If you develop concerning symptoms, [join a Student Health Qless line](#) to receive a callback. If it is after hours, please call the After-Hours Triage line at (877) 351-3457.

If you develop the following emergency warning signs, call 911:

- Difficulty breathing
- Persistent pain or pressure in chest
- Bluish lips or face
- Confused or hard to wake
- Other serious symptoms

Cleaning and Disinfection: Clean frequently touched and visibly soiled surfaces. Most household disinfectants work. Follow label instructions wearing gloves if appropriate to the agent.

You can discontinue home isolation if your answer is "YES" to all of the following:

1. It has been a full ten (10) days since the onset of your first symptom AND
2. You have not had a fever at any time in the last 24 hours AND you have not taken any fever-reducing medication AND
3. Your symptoms are improving, not worsening