Taking Care of Mild COVID-19 Symptoms at Home

There is no specific treatment for COVID-19. Most people who become sick can recover at home. If you have COVID-19 related symptoms, assume that you have it. Stay home and isolate.

**Stay home:** Get rest and stay hydrated

**Muscle aches:** Use heating pad or pain relievers

**Sore throat:** Warm saltwater gargle. Warm liquids, broths, tea

**Fever or Chills:** Take a fever reducing medicine such as acetaminophen or ibuprofen.

**Chest Congestion:** Take a mucus thinner or decongestant. Keep air warm and moist.

---

**When to Seek Medical Attention**

**Emergency Warning Signs for COVID-19**

- Trouble breathing
- Constant pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face

*This is not a list of possible warning signs. Please discuss with your medical provider for any other symptoms that are severe or concerning.*