

What to Do if You Have COVID-19 Symptoms

Symptoms that appeared in patients with confirmed COVID-19 are:

- Fever
- Cough
- Shortness of breath
- Chills or repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

How to Manage Your Symptoms at Home

If you have it or think you might have COVID-19:



- Stay home if you are sick except to get medical care
 - If you are someone who is at risk, let your doctor know you are sick
- Separate from other in your home as much as possible
 - Stay in a specific room and use a separate bathroom
- Cover your coughs and sneezes and wash your hands immediately
- Clean and disinfect frequently used surfaces
- Wear a cloth mask if you MUST go outside to protect the people around you
- Get plenty of rest and stay hydrated
- Use over-the-counter medicine or medical supplies to treat your symptoms with like Tylenol for fever and cough syrup for coughs
- Monitor your symptoms and get medical care right away if your illness is worsening

What to Do If You Are at Higher Risk for COVID-19

If you are an older adult, pregnant, or have a serious medical condition take the following actions to reduce your risk of getting sick.

- Stay home as much as possible
- Avoid crowds as much as possible
- Avoid all non-essential travel
- in case you need to stay home for a long period:
 - Contact your healthcare provider to get extra necessary medication

Can I get tested for COVID-19 if I am symptomatic?

If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.

***Most clinics and hospitals in Minnesota have the ability to collect samples for testing, so call your health care provider before going to the clinic. Those who are not able to get tested should isolate if they are symptomatic and limit their activities in public for 14 days.**

Sources:

MDH - <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>
CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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