

Diagnosis: your symptoms look like Mild COVID-19 symptoms

Most people have mild illness and are able to recover at home.

The virus affects mainly your upper respiratory tract, primarily the large airways. Mild symptoms of COVID are temperature, a new, continuous cough and/or a loss of your sense of smell or taste.

Patients with mild illness have flu-like symptoms. These may include dry cough and mild fever, but the fever may not reach 37.8°C, and there may sometimes be little or even no cough. Patients might notice a feeling of being a bit more [breathless](#) than normal on exercise, but they are not out of breath on normal household activity.

With mild COVID-19:

1. You may have a fever, including one that doesn't reach the 37.8°C mark.
2. You may lose your sense of smell or taste.
3. You may have [tiredness](#), muscles aches or a headache.
4. You are not highly likely to have [sore throat](#) or runny nose, but they do occur in some cases.
5. You do not have marked breathlessness.
6. Your self-care, cooking, eating and drinking are not affected.
Your [appetite](#) is normal or fairly normal.
7. You may feel sad or weepy.
8. The symptoms typically seem to last about 7-10 days.

Most normally healthy people under 60 who have symptoms will have this form.

Most (81%) of symptomatic COVID-19 cases are mild and remain mild in severity. This is more likely if you're vaccinated, or if you're young and otherwise healthy. However, patients with mild disease can deteriorate, sometimes quickly, and this is more likely in at-risk groups.

If you are sick:

- Keep track of your symptoms.
- If you have [an emergency warning sign](#) (including trouble breathing), call 105 or 1440 for emergency.



Stay home except to get medical care:

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas and do not go to places where you are unable to wear a mask.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).
- **Avoid public transportation**, ride-sharing, or taxis if possible.



Get tested:

- If you have [symptoms of COVID-19](#), get [tested](#). While [waiting for test results](#) [pdf icon](#) [233 KB, 2 Pages], stay away from others, including staying apart from those living in your household.

- **Get tested as soon as possible after your symptoms start.** Treatments may be available for people with COVID-19 who are at risk for becoming very sick. Don't delay: Treatment must be started early to be effective—some treatments must begin within 5 days of your first symptoms. **Contact your healthcare provider right away if your test result is positive to determine if you are eligible.**
- [Self-tests](#) are one of several options for [testing for the virus that causes COVID-19](#) and may be more convenient than laboratory-based tests and point-of-care tests. Ask your healthcare provider or your local health department if you need help interpreting your test results.
- You can visit your [state](#), [tribal](#), [localexternal icon](#), and [territorial health department's website](#) to look for the latest local information on testing sites.



Separate yourself from other people:

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a well-fitting [mask](#).

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your [close contacts](#) know they may have been exposed to COVID-19, you are helping to protect everyone.

- See [COVID-19 and Animals](#) if you have questions about pets.
- If you are diagnosed with COVID-19, someone from the health department may call you. [Answer the call](#) to slow the spread.



Monitor your symptoms:

- [Symptoms](#) of COVID-19 include fever, cough, or other symptoms.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 105 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



Call ahead before visiting your doctor:

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick, wear a well-fitting mask:

- **You should wear a [mask](#)** if you must be around other people or animals, including pets (even at home).
- Wear a [mask](#) with the best fit, protection, and comfort for you.
- You don't need to wear the mask if you are alone. If you can't put on a mask (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.



Cover your coughs and sneezes:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often:

- **Wash your hands** often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water** are the best option, especially if hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- [Handwashing Tips](#)



Avoid sharing personal household items:

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



- **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.



Clean surfaces in your home regularly:

- **Clean and disinfect** high-touch surfaces (for example, doorknobs, tables, handles, light switches, and countertops) in your “sick room” and bathroom. In shared spaces, you should clean and disinfect surfaces and items after each use by the person who is ill.
- **If you are sick and cannot clean**, a caregiver or other person should only clean and disinfect the area around you (such as your bedroom and bathroom) on an as needed basis. Your caregiver/other person should wait as long as possible (at least several hours) and wear a mask before entering, cleaning, and disinfecting shared spaces that you use.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean visible dirty surfaces with household cleaners containing soap or detergent. Then, use a household disinfectant.
 - Use a product from [EPA’s List N: Disinfectants for Coronavirus \(COVID-19\)](#)[external icon](#)
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet with a disinfectant for a certain period of time (look at “contact time” on the product label).
 - You may also need to wear personal protective equipment, such as gloves, depending on the directions on the product label.
 - Immediately after disinfecting, [wash your hands](#) with soap and water for 20 seconds.
 - For completed guidance on cleaning and disinfecting your home, visit [Complete Disinfection Guidance](#).



Take steps to improve ventilation at home:

- [Improve ventilation \(air flow\) at home](#) to help prevent from spreading COVID-19 to other people in your household.
- **Clear out COVID-19 virus particles in the air** by opening windows, using air filters, and turning on fans in your home.
- Use [this interactive tool](#) to learn how to improve air flow in your home.



When you can be around others after being sick with COVID-19

Deciding when you can be around others is different for different situations. Find out when you can [safely end home isolation](#).

If your symptoms are mild enough that you can [recover at home](#), you should:

- Rest. It can make you feel better and may speed your recovery.
- Stay home. Don't go to work, school, or public places.
- Drink fluids. You lose more [water](#) when you're sick. [Dehydration](#) can make symptoms worse and cause other health problems.
- Monitor. If your symptoms get worse, call your doctor right away. Don't go to their office without calling first. They might tell you to stay home, or they may need to take extra steps to protect staff and other patients.

- Ask your doctor about over-the-counter medicines that may help, like acetaminophen to lower your fever.

The most important thing to do is to avoid infecting other people, especially those who are over 65 or who have other health problems.

That means:

- Try to stay in one place in your home. [Use a separate bedroom](#) and bathroom if you can.
- Tell others you're sick so they keep their distance.
- Cover your coughs and sneezes with a tissue or your elbow.
- Wear a mask over your nose and [mouth](#) if you can. The CDC recommends you use a well-fitting respirator mask (like N95s and KN95s). These provide better protection than other masks.
- Wash regularly, especially your hands.
- Don't share dishes, cups, eating utensils, towels, or bedding with anyone else.
- Clean and disinfect common surfaces like doorknobs, counters, and tabletops.

Medications:

R/ paracetamol 500 mg 3 times/day

R/ Anti-tussives If there is a need

R/ Vit C 500 mg 2 times/day

R/ Omeprazole 20 mg 2 times/day

R/ Amoxclav 625 mg 2 times/day

