

Diagnosis: Moderate COVID-19 symptoms

If your illness gets a worse than the mild categorization then you may move towards being a moderate case, with inflammation lower down in the lungs, so lung symptoms like [cough](#) are more marked.

The lungs consist of large airways (bronchi), smaller airways (bronchioles) and the tiny air sacs on the end (alveoli) where oxygen is extracted from the air. They contain a fluid called surfactant which keeps the lungs stretchy and compliant and helps keep the air sacs open. Patients with moderate COVID-19 may have inflammation moving down into the bronchioles. They are more breathless and tend to have an increased heart rate, particularly if they are moving around.

With moderate COVID-19:

1. You may have a more troublesome [cough](#) than those with mild symptoms.
2. Your [temperature](#) is more likely to reach or exceed 37.8°C.
3. You may be [breathless](#) on exercise, even on walking up the stairs, but not to a degree that alarms you, and if you potter around your house or sit still you are not breathless.
4. It may be a little sore to keep coughing but you are not in pain.
5. The cough may be, for a few days, very persistent, coughing many times an hour.
6. Your sleep may be slightly disturbed by your cough, but you do get some sleep, and you are not breathless in bed.
7. You may get [diarrhea](#). [Nausea and vomiting](#) are, however, unlikely.
8. You may have a [headache](#), particularly if you are hot.
9. You may show early signs of inflammation of your lungs - you are more breathless than a mild case, where breathlessness is only slight and on exercise.

10. You may feel tired, but still able to move about your own home comfortably, and you can shower and self-care if you must, even though you may not want to.
11. You may feel dry-mouthed, from breathing through an open mouth. But when you pass urine it is still pale yellow, the color of a glass of lager, so you are not dehydrated.
12. You can sit and watch TV or read a book without feeling you are struggling to breathe, or worrying that you can't breathe.
13. If you talk to others, nobody thinks you are confused or not making sense.
14. You may be able to prepare your food and drink, or you may feel too weary to do so, but you are still able to eat, even if it is less than usual. Your ability to eat is not prevented by the need to breathe.
15. For a few days you may feel so tired that you want to stay in bed.
16. You may feel miserable, weepy or low.

Moderate COVID-19 is very common. It seems to last about 7-14 days.

Seek medical advice by phone immediately if:

- You have these symptoms but you are becoming increasingly breathless.
- You cannot manage basic things like showering and eating.
- You cannot speak in whole sentences without taking extra breaths.

You should call 105 (or the relevant number for your region) to speak with a nurse.

If you are too breathless to talk to someone on the phone, or your breathing is becoming rapidly harder and faster at rest, call 123 or get someone to do it for you.



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](#), [local](#)[external 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.



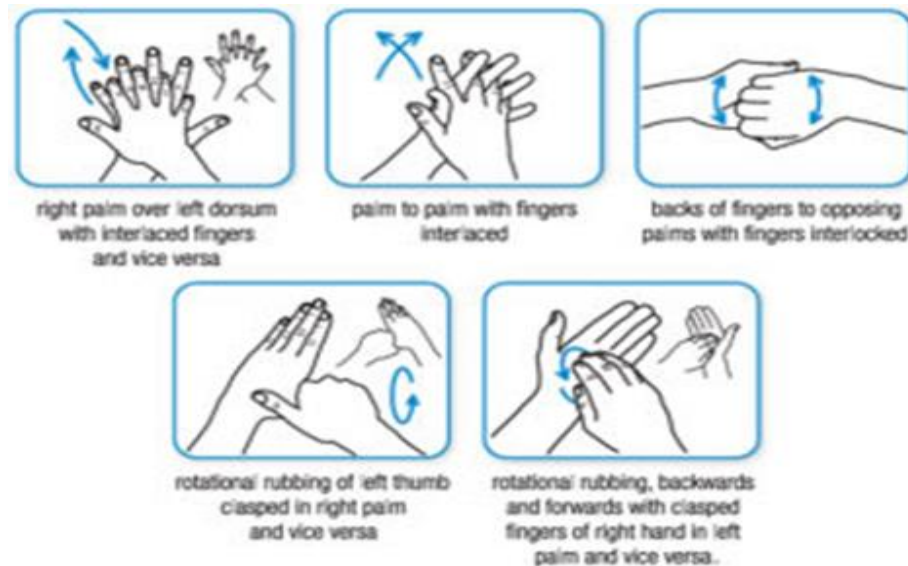
Clean your hands often:

- **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](#).

Medications:

R/ Paracetamol 500 mg three times/day

R/ Anti-tussives if there is need

R/ Vit C 500 mg 2 times/day

R/ Zinc 50 mg 2 times/day

R/ Omeprazole 20 mg 2 times/day

R/ Azithromycin 500 mg once daily for 5 days

R/Inj. Ceftriaxone 1 gm IV 2 times/day if secondary bacterial infection is suspected