



Question 4: Are you experiencing any headaches?

- 1) Yes
- 2) No

Question 5: Do you have a constant dry cough?

- 1) Yes
- 2) No

Question 6: Do you have a fever?

- 1) Yes
- 2) No

Question 7: Do you feel tired or have body pain?

- 1) Yes
- 2) No

Question 8: Do you have lost sense of taste

- 1) Yes
- 2) No

Question 9: Do you have lost sense of smell

- 1) Yes
- 2) No

Question 10: Do you have a shortness of breath or difficulty breathing?

- 1) Yes
- 2) No

Question 11: Do you feel nauseous?

- 1) Yes
- 2) No

Question 12: Do you feel better than yesterday or the same?

- 1) I feel better
- 2) I feel the same

Print Out Following Tips depending on whatever user said Yes to –

On dashboard record green colored text

Note: it is always to try natural remedies before drug related ones.

If user said Yes to having headaches:

Stay hydrated. Not enough fluids puts pressure on nerves that can trigger a headache.

Take pain medications such ibuprofen - Always follow guide as shown on packet

Do a light physical activity like walking

Get some sleep

If user said Yes to having a constant dry cough

Keep hydrated

Soothe your throat by drinking a warm drink with honey and lemon

Suck a sugary sweet if you feel yourself starting to cough

Blowing your nose can help with a dry cough

If user said Yes to having a fever

Get some rest

Drink plenty of water to avoid dehydration

Take paracetamol or ibuprofen if you feel uncomfortable – Always follow instructions that come with your medicine

If user said **Yes** to having body pain

Pain relievers such as acetaminophen or ibuprofen can be taken – Always follow instructions that come with your medicine

Take a hot shower it is said by most patients it helps with pain

Cold packs on areas with pain may also help

Take a nap and just lay back until pain has resided

If user said **Yes** to having lost sense of taste

Add lemon and honey to a glass of water. You can drink this mixture immediately. This beverage has a strong smell which can help with lost sense of taste

Take a piece of ginger and chew it slowly. The aroma of ginger is strong and can enhance your sense of taste

Take **peppermint leaves** and add them to a cup of water. Boil the ingredients in a saucepan. Add some honey to it and drink. Peppermint is anti-inflammatory and antimicrobial in nature which can alter your sense of taste.

If user said **Yes** to having lost sense of smell

Olfactory retraining is the process of retraining your nose to smell. It involves smelling strong scents

High-volume saline irrigations or sinus rinses help improve inflammation in the nose after an infection and may improve recovery after infection.

Eating food cold or at room temperature: Steam is what carries that sense of smell to your nose.

If user said **Yes** to having difficulty breathing

Note: Emergency Services must be called if you have the following: pain or tightness in the chest, loss of speech or movement, pale or bluish lips, face, or nails, a high fever.

Lying in a prone position, on the stomach with the head turned to one side, while resting may help relieve shortness of breath

Try different breathing exercises

Breathe in through the nose

Open a window for fresh air – Ventilation is important

If user said **Yes** to having feeling nauseous

get plenty of fresh air

distract yourself – for example, listen to music or watch a film

take regular sips of a cold drink

drink ginger or peppermint tea

eat foods containing ginger – such as ginger biscuits

eat smaller, more frequent meals

Do you feel better than yesterday or the same?

I feel better

I feel the same