



# Tips to manage COVID-19 symptoms at home



**Most mild and moderate COVID-19 symptoms can be managed at home.**

Common symptoms may include: cough, fatigue, fever, sore throat, headache, nausea, diarrhoea, runny or blocked nose, change in taste or smell.

## Cough and blocked nose



**Cover coughs/sneezes** with a tissue or the inside of your elbow. Throw tissues in bin and wash your hands.



**Sip on fluids** such as water to keep your throat moist, or suck on ice chips.



**Try a teaspoon of honey** or throat lozenges to ease cough.



**Take a warm shower.** Breathing in steam can help soothe a sore throat and make it easier to breathe.



**Try nasal decongestant sprays** as directed, along with sinus rinses.



**Do not lie on your back.** Lie on your side or sit upright.  
**Raise your head when sleeping** using extra pillows. This helps with breathing and clears any mucus.

**Mucus** - if you are coughing up mucus, keep doing this. It lowers the chance of chest infections and helps you breathe easier.

DO NOT take any cough medicines, these are not helpful and can be potentially be harmful.

If you are coughing green or yellow mucus, let your GP or health care provider know.

**!** If you are coughing up blood (or blood stained mucus), call your GP, the COVID-19 Care at Home Support Line or Healthdirect for further advice.



## Fatigue

**Try to get lots of rest and a good night's sleep.**



**Plan your daily schedule** - If you have more energy in the morning, shower then.

**Prioritise** - Do the most important things first (eating, drinking, showering). If you are feeling very tired, leave jobs that don't need to be done.

**Pace** -Take your time. Slow and steady!

**Position** - Standing uses more energy than sitting. Try and sit down when you can.

**Tips** - Make things easier for yourself such as use a shower chair (if you have one). Walk around your isolation area at home or in your backyard. Exercise will give you more energy.



**If you are worried about your symptoms, please call:**

- Your GP
- NSW Health COVID-19 Care at Home Support Line: **1800 960 933** (Press 8 for TIS)
- Healthdirect (24/7): **1800 022 222**

**Translating and Interpreting Service (TIS) 13 14 50**

This is a general guide only and does not replace clinical advice.

# Tips to manage COVID-19 symptoms

A guide when managing COVID-19 at home... *continued*

## Nausea - feeling sick, vomiting, and/ or diarrhoea (runny poo)



**Eat plain foods** that are not spicy. Foods like white rice, pasta.

**Have small meals often.** This helps reduce feeling sick in the stomach and vomiting. If you have no appetite make sure you drink sweetened fluids\* such as juice to get energy.

\*People with Diabetes should follow their [sick day plan](#)



**Do not drink alcohol** or drinks with caffeine such as tea, coffee and colas.

**Drink enough fluids\*\*** so that your urine (wee) is light yellow in colour and clear.




**Keep hydrated** if you have diarrhoea, replace diarrhoeal fluid losses with an oral rehydration solution such as Hydralyte or Gastrolyte.

\*\*People with kidney or heart problems should check with their doctor about safe amount of fluids to drink when sick



**Suck on ice** or frozen ice pops if you feel too weak to drink from a cup.

**Severe fluid loss (dehydration) is VERY serious and you may need to go to hospital.**

 You may be finding it difficult to keep your eyes open, fainting, or passing little or no urine.

**If you have been feeling very unwell, call 000 and let them know that you have COVID-19.**

## Pain and Fever (body temperature above 38 degrees)



**Take paracetamol or Ibuprofen** to relieve pain and fevers, as directed.



**Try a numbing throat lozenge, numbing gargle or numbing throat spray** for a sore throat.



**Get lots of rest.**



Dress in just enough clothing so that you are not shivering.



**Keep hydrated.**

**More support:**  
**For managing COVID-19 at home**  
[COVID-19 Symptoms and when to call for help](#)



## Other useful links

[Healthdirect](#)

[Managing COVID-19 safely at home](#)  
(NSW Health)

[NSW.gov.au](#)

[COVID-19 Community Resources](#)

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**If you are stressed** about the situation, you can reach out to **talk to someone.**  
Call BeyondBlue's **Coronavirus Mental Wellbeing Support Service** 1800 512 348