



Care in a time of CORONA

Care at home

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19?

1. Don't panic

Most people with Covid-19 will not get very sick. There is **NO CURE**, but most people get better.



2. Manage your symptoms



- Use paracetamol (Panado) if you feel sick.
- Try to rest.
- If you are on any medication, keep taking it as usual.
- Eat healthy food and drink plenty of water.
- Do deep breathing exercises.



If you are finding it difficult to breathe, contact your clinic or doctor straight away.
 Or call: Covid-19 Public Hotline: 0800 029 999
 WhatsApp Support Line: 0600 123 456

3. Stay at home



- Stay home for 10 days after the first day you felt sick.
- Do not have visitors.
- If you must go out, try not use public transport.

Ask friends or neighbours to drop off groceries, meals, and medicines at the door. If this is not possible, a healthy caregiver may leave to get essential goods.

4. Keep your distance



- Keep your distance from everyone in the house.
- Stay and sleep in a separate room if possible.
- Wear a mask whenever you are near another person.
- Keep one metre away from others in the house at all times.
- Keep windows open if you can.
- Try have only one person who is your main carer.

5. Wash! Wash! Wash!



- Wash your hands often with soap and water for at least 20 seconds. Or clean your hands with a 60% alcohol-based hand sanitiser.
- Cough or sneeze into a tissue or your elbow. Throw the tissue into a closed bin.
- Try not to share personal items with other people in the house, like dishes, cutlery, towels and bedding.