

# MANAGING COVID-19 SYMPTOMS AT HOME



Keep track of your symptoms and stay in touch with the Public Health Officers.



Saline spray can also help reduce nasal congestion.



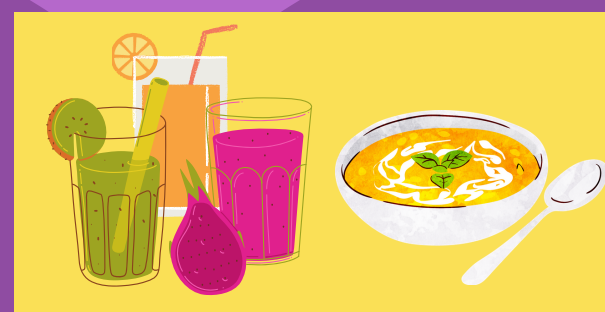
Rest and drink plenty of water.



Follow all instructions and take medicines as prescribed.



For a sore throat, gargle several times a day with warm salt water. Drink warm liquids such as tea, or lemon tea with honey.



To help relieve diarrhoea, drink 8 to 10 glasses of clear liquids, such as water, home made fruit juices, and clear soups to make up for fluid loss.



Take the recommended amount of Paracetamol and Ibuprofen to help reduce fever.



Try to do 5 minutes of light physical and deep breathing exercises, 5 times a day.



A healthy diet is important for your recovery. Try to eat healthy foods you enjoy most of the time.



Call your overseeing Public Health Officer if your symptoms get worse.

