

# Coronavirus: top tips on what to do if you feel unwell

There is currently a lot of information out there about how to avoid getting coronavirus in the first place – but not a lot of advice for what happens if you unfortunately fall ill with it.

We want to make sure our residents and staff are as well prepared as they can be to respond to the virus, so as a nurse, let me make some suggestions: **These do not replace the advice available on the NHS 111 number or via the [NHS website](#).**



## PREPARE

You basically want to prepare as though you're going to get a nasty respiratory flu-like viral bug. Plan and buy the following items ahead of time if you can:

- Tissues
- Paracetamol is recommended to manage symptoms and reduce your temperature
- Cough medicine of choice (just make sure you are not doubling up on Paracetamol)
- Honey and lemon can work just as well
- Some people like Vick vapour for your chest- it's up to you
- It's useful to have a thermometer to check your temperature

If you have a history of asthma and you have a prescription inhaler, make sure the one you have has not expired and refill it. If necessary, get a new one.



## EATING AND DRINKING

Meal preparation: make a batch of your favourite soup to freeze and have it on hand for when you may be too tired to cook.

Stock up on whatever your favourite clear fluids are to drink – though tap water is fine.

For symptom management and a fever, (a normal temperature is 37 degrees) take Paracetamol. Drink lots of water to stay hydrated.



## MANAGING SYMPTOMS

Rest and remember the [rules about self-isolation](#). Even if you feel better you may still be infectious for [7 days](#) from when the symptoms started, and as we know older people and those with existing health conditions should be avoided.



## WHEN TO SEEK MEDICAL HELP

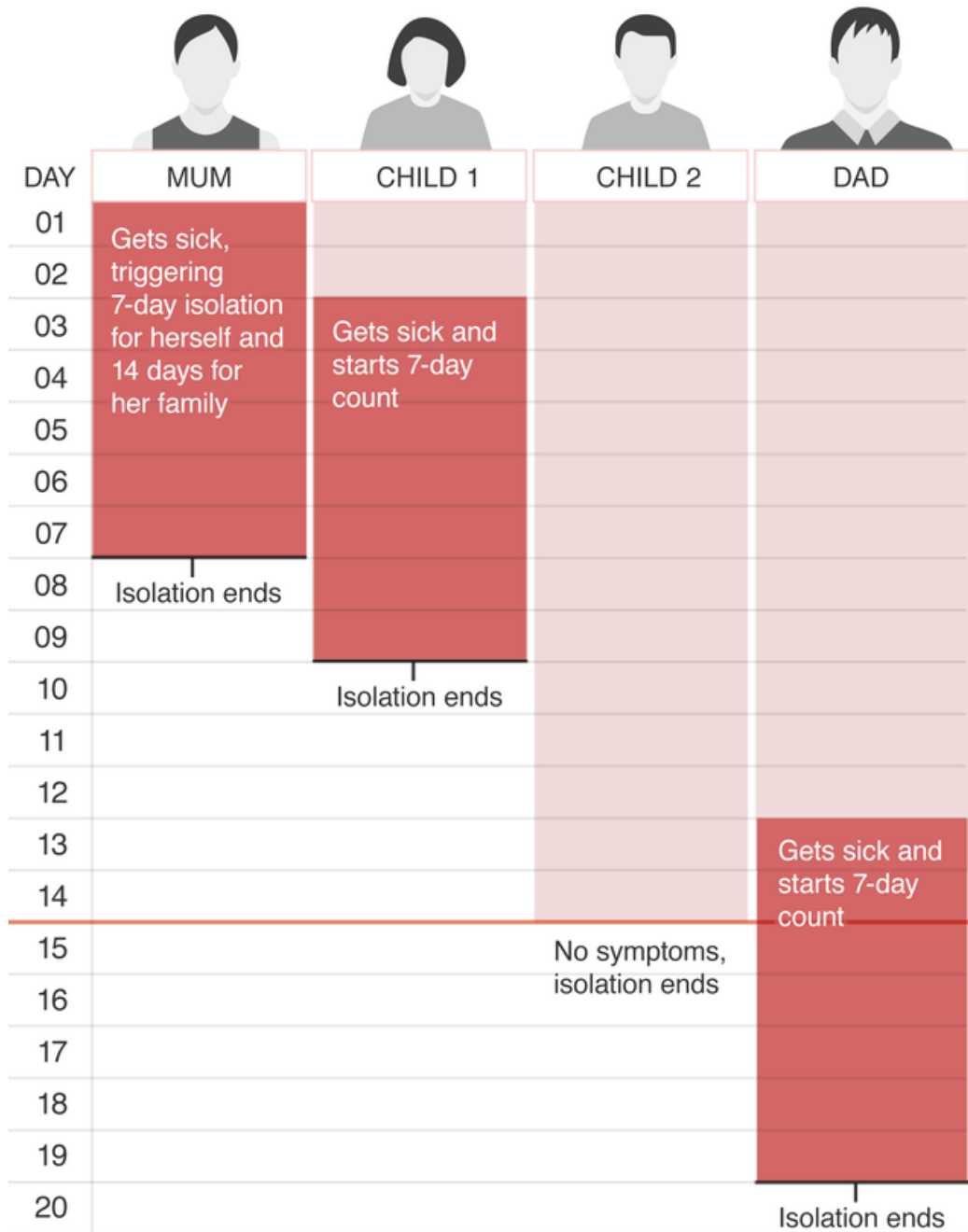
Remember, you do not need to go to hospital or see a doctor unless you are having trouble breathing or your fever is very high, over 39 degrees and not responding to Paracetamol or medication. **Follow the advice from NHS 111.**

So far, we know that most healthy adults have managed at home with basic rest, hydration and over-the-counter medication.

If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are immunosuppressants, receiving treatment for cancer you will have received a letter/text from the NHS regarding self-isolation and management.

One major relief to you grandparents and parents is that kids respond well to coronavirus – they usually bounce back in a few days. However, they will be potentially infectious from when symptoms started and the stay at home guidance for the whole family should be followed.

## What happens if someone in your family gets sick?



Source: Public Health England advice

