

# COVID-19:

## Self-care guidance

If you have tested positive for COVID-19, contact your Welia Health provider to let them know. They may have further instructions or be able to answer questions you may have as you rest and recover at home.

### Self care at home

Most people recover successfully from COVID-19 at home. When caring for yourself at home, follow these guidelines.

- Get plenty of rest, but stay as active as you are able.
- Drink plenty of fluids, enough to urinate 4-6 times a day.
- Take acetaminophen or ibuprofen, as directed on package, for pain and fever control.
- If you experience shortness of breath that is not severe, follow these body positioning instructions:
  - Do not lay flat on your back.
  - Change positions every 30 minutes to 2 hours.
  - Rotate between lying on your left side, stomach, right side, sitting up, and reclining propped up with 2-3 pillows, as this can often help open your lungs.
  - Try to do some deep breathing exercises several times per day during your recovery.

If your symptoms worsen or you are unable to manage them, call Welia Health at 320.697.1313 and speak to a triage nurse.

Source: [www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf](http://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf)

### Monitor your symptoms

Track the following to monitor your symptoms.

- Temperature
- Blood oxygen levels (oximeters are available online or at local pharmacies)  
**If your blood oxygen level drops below 90 percent, seek medical care.**
- Number of days you have symptoms

If your symptoms worsen or you are unable to manage them, call Welia Health at 320.697.1313 and speak to a triage nurse.

### When to seek immediate care

Emergency warning signs of COVID-19 include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to stay alert
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- Blood oxygen level below 90 percent

**If you experience any of these, seek immediate care at an Emergency Room or call 9-1-1. Let all providers know that you are COVID-19 positive.**

### Protect your family and friends

When recovering from COVID-19 at home, prevent the spread of COVID-19 by following these guidelines.

- Cover your cough and sneeze with a tissue or the inside of your elbow.
- Wash your hands often with soap and water or an alcohol-based hand sanitizer (at least 60% alcohol) for 20 seconds vigorously.
- Stay in an area of the house away from other people and use a separate bathroom, if available.
- Wear a well-fitting mask if you need to be around others.
- Avoid sharing personal items such as dishes, towels or bedding.
- Clean all high touch surfaces with an approved disinfectant, at least daily.
- Avoid or limit contact with pets or animals.