

Covid-19 Guide for Adults

Call 9-1-1 if	<p>You have severe trouble breathing or severe chest pain</p> <p>You are very confused or not thinking clearly</p> <p>You pass out (lose consciousness)</p>
<p>Call the Clinic 519-470-3030 ext 103 (Monday to Friday 8:30am – 4:30pm) if</p> <p style="text-align: center;">or</p> <p>Call Telehealth Ontario 1-866-797-0000 (Evenings, Overnights, Weekends or Holidays) if</p>	<p>You have new or worse trouble breathing</p> <p>Your symptoms are getting worse</p> <p>You start getting better and then get worse</p> <p>You have severe dehydration such as:</p> <ul style="list-style-type: none"> - Having a very dry mouth - Passing only a little urine - Feeling very light-headed

General Advice While You Are Ill With COVID-19

Similar to influenza, COVID-19 is most often a longer recovery than “a virus”.

The typical symptoms are cough, fever and fatigue but you may also have breathlessness, muscle aches, sore throat, headache and loss of sense of smell / taste.

Rest – fatigue can be a marker for low oxygen, and it makes sense NOT to do anything that triggers your heart or breathing rate to go up too much. If you have a pulse oximeter it can measure your oxygen levels after different activities to guide the level of activity that is OK for you.

Change Positions - to aid breathing you should change positions to help move secretions and reduce the mechanical work of breathing as much as possible.

Hydrate – prevent dehydration by drinking more fluid than you usually would as fever, sweating and cough mean you lose more body fluids. As a guide, the colour and volume of your urine should be similar to when you are not ill. If you are not drinking enough your urine will get darker.

Foods – it is common to have a reduced appetite when you are feeling unwell. Try having smaller portions or snacks, and you can have gentle foods such as toast or soup.

Medications – for fever, headaches, and muscle aches, use over the counter pain and fever medications. Tylenol (acetaminophen) is the best choice if you can take it. For a sore throat, try lozenges or gargle with warm salt water. You can phone the clinic to discuss if medications for cough, cold or upset stomach are right for you at this time.

Humidified Air – turning on a humidifier can help for coughs, nasal congestion, or the sensation of phlegm in your chest. If you don't have a humidifier, a steamy shower can also help to loosen this phlegm and congestion.

Monitoring your illness

Your Family Practice team will monitor you regularly (the frequency will depend on your risk or severity of COVID illness). It is helpful if you record your symptoms (including whether they are better or worse), and any information such as pulse oximeter readings, temperature, pulse, and breathing rate to discuss with your healthcare provider.

Self Isolation

- If you have symptoms, stay home and self-isolate until you no longer have a fever and your symptoms have improved for at least 24 hours (48 hours if any diarrhea or vomiting). You should wear a mask in any public places until 10 days after your symptoms started.
- If you do not have symptoms, you do not need to isolate. You should wear a mask in any public places for 10 days from your test date. If symptoms develop, you must isolate and follow the instructions above.
- If you were hospitalized in an intensive care unit (ICU) with severe COVID-19 illness, or have a severe immune compromise (e.g., cancer chemotherapy, immune compromising medications), you should self-isolate for 10 days.

Your Contacts

- Notify any contacts that you have had from 48 hours prior to when your symptoms started (if you have symptoms) or your test date (if you do not have symptoms). Your contacts should monitor for symptoms and isolate and test if they are feeling unwell.

After Illness

After you recover, it is still very important to continue following public health measures. Continue to practice mask wearing, physical distancing and good hand hygiene.

You can receive your next Covid Vaccine dose or Booster Dose **3 months** after you tested positive for Covid-19. You will have some extra immunity for the next 3 months from your covid infection.

Additional Resources for Covid-19 can be found from the following websites:

Public Health Grey Bruce

Government of Ontario

Public Health Ontario