What to do if you have mild or moderate COVID-19

If you have suspected or confirmed COVID-19 but do not have symptoms or your disease is mild or moderate, your doctor might suggest home care for you instead of hospitalization.

Stay at home. If you tested positive for COVID-19, you should limit your contact with others as much as possible. If it is not possible to stay in a separate room, keep a distance of at least 1 meter from others at home.

Ensure good ventilation. The room you stay in should have good ventilation. Keep the windows open if possible and safe to do so.

Follow the recommendations of your health authorities on self-isolation. WHO recommends the following:

• If you do not have any symptoms, you should stay at home for 10 days after testing positive.
• If you have symptoms, you should stay at home for at least 10 days after symptom onset plus 3 additional days when you no longer have any symptoms.

Monitor your health. Contact your doctor immediately if you develop any symptoms of worsening, such as:

• light-headedness
• chest pain
• dehydration
• extreme tiredness
• difficulty in breathing
• change in your mental status.

Do not use antibiotics. Antibiotics do not prevent or treat COVID-19. However, if you get hospitalized for COVID-19 and have bacterial coinfection, you may receive antibiotics.

Ask your doctor about medicine for pain relief or for reducing fever if needed. Currently, there is no specific treatment for COVID-19.

Continue to take your medicines as usual if you have any chronic disease; if possible, have at least a monthly supply of your medicines; contact your doctor immediately if your condition gets worse.

Rest, eat and drink normally.

Learn more about home care and COVID-19, by clicking here or scan: