

# 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:

