

# Treating COVID-19 Symptoms at Home

## If You Have a Fever

- **Take a fever reducer.** If you choose to or if your fever is very high, you can take a fever reducing medication. Acetaminophen is what is usually recommended. While ibuprofen is also a fever reducer, there is some concern that it may not be safe to take with COVID-19. More research needs to be done to know for sure.
- **Stay hydrated.** Fevers usually cause sweating, which means loss of water from your body. Drink lots of fluids, preferably water or juice; not soda or high-sugar beverages that might make you thirstier. Caffeinated beverages are not recommended.
- **Rest.** Your body needs energy to fight the virus. Get lots of rest and let your body do its job.

## If You Have a Cough

- **Sip on drinks throughout the day.** Not only will this keep your throat moist and comfortable, it will help keep you hydrated.
- **Drink warm beverages,** like tea or broth. These heat up the airways, keep you hydrated and break up any mucus you might have in your throat and upper airway.
- **Try a teaspoon of honey in hot tea or hot water.** A little bit of honey tends to soothe a sore throat. However, children under 1 year should not try honey.
- **Breathe in steam.** Use a hot shower, humidifier, vaporizer or other means to making steam. It will soothe a sore throat and open your airways, making it easier to breathe.
- **Gargle salt water.** While there is no evidence, many people swear that salt water helps their sore throat. There is no harm in trying, and it might help you. Use 1 teaspoon of salt in 8 ounces of warm water. Make sure you spit it out and disinfect the sink afterward.
- **Eat a frozen treat.** The cold may help soothe your throat if it is sore from coughing.
- **Suck on cough drops, lozenges or hard candy.** These will keep your mouth and throat moist.
- **Try cough medicine.** If you have a wet cough with lots of mucus, you want to take an expectorant to help get the mucus out. If you have a dry cough, a cough suppressant is what you want. Make sure you choose the right one.
- **Try acetaminophen for pain.** A lot of coughing can sometimes be painful. A pain reliever can take the edge off.



## If You Have Shortness of Breath

- **Take slow breaths.** Slowing things down can help you start breathing properly again.
- **Try relaxation or meditation techniques.** These will help calm the body and get your breathing more regular. Additionally, having shortness of breath may leave you feeling anxious.
- **If you were using an inhaler previously,** pay attention to how your chest feels and what symptoms your inhaler was prescribed for. Do not use someone else's inhaler - only use one that is prescribed to you. Make sure you disinfect the mouthpiece after every use.

Source: [University of Maryland Medical System](#)

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