

# Information for managing at home with COVID-19



Common symptoms	Management advice	Avoid
<b>Fatigue</b> (feeling really tired)	<ul style="list-style-type: none"> <li>Rest</li> <li>Only do what you feel up to; it's okay to let other household members help you</li> </ul>	<ul style="list-style-type: none"> <li>Don't do heavy exercise or other busy activities that wear you out until you feel well again</li> </ul>
<b>Fever</b> (feeling hot or high temperature on a thermometer)	<ul style="list-style-type: none"> <li>Rest and drink plenty of water or other fluids</li> <li>Use a cool cloth to wash your face, hands and neck</li> <li>Make the house a comfortable temperature and open windows for ventilation (breeze) – but make sure you don't get too cold</li> <li>Take paracetamol or ibuprofen, if needed*</li> </ul>	<ul style="list-style-type: none"> <li>Don't use heavy clothing/bedding, hot water bottles, electric blankets</li> </ul> <div style="border: 1px solid #ccc; padding: 5px; background-color: #f9f9f9;"> <p> <b>Talk to your GP if body temperature is <math>\geq 40^{\circ}\text{C}</math> in an adult or <math>\geq 39^{\circ}\text{C}</math> in a child or older person</b></p> </div>
<b>Sore throat</b> <b>Cough</b>	<ul style="list-style-type: none"> <li>Try sucking on a spoon of honey or sipping a hot drink</li> <li>Gargling salt water, using a throat spray or lozenges can help with sore throats</li> <li>Some people find cough syrup medicines* can help, but they work about the same as the suggestions above</li> </ul>	<ul style="list-style-type: none"> <li>Don't lie on your back if you have a cough; leaning forward while sitting or standing can help you breathe more easily if you are feeling uncomfortable</li> </ul>
<b>Runny or blocked nose</b>	<ul style="list-style-type: none"> <li>Use saline nose drops or a spray</li> <li>"Decongestant" medicines from your pharmacy may be helpful for a few days*</li> <li>Some people find steam inhalation makes them feel better for a short time, but you have to be careful not to burn yourself (N.B. steam does not kill the virus)</li> </ul>	<ul style="list-style-type: none"> <li>Don't use decongestants for longer than 7 days</li> <li>Don't use steam inhalation for children</li> </ul>
<b>Headache or muscle aches or other types of pain</b>	<ul style="list-style-type: none"> <li>Some people find a bath is soothing or use a heat pack</li> <li>Take paracetamol or ibuprofen, if needed*</li> </ul>	<ul style="list-style-type: none"> <li>Avoid taking too much paracetamol or ibuprofen; check the recommended maximum daily dose and remember that some other "cold &amp; flu" treatments may already have these medicines in them so don't double up</li> </ul>
<b>Nausea</b> (feeling sick) and <b>vomiting</b> <b>Diarrhoea</b>	<ul style="list-style-type: none"> <li>Have regular small sips of fluid or try sucking on ice cubes if you are having trouble keeping solids down; eating bland foods may help, e.g. crackers, toast</li> <li>Food or drink that contains ginger may help settle nausea</li> <li>If you have vomiting and diarrhoea for more than one or two days, talk to your doctor or pharmacy about drinks you can make at home, buy or be prescribed (oral rehydration solution)</li> </ul>	<ul style="list-style-type: none"> <li>Don't stop drinking fluids (even if you feel unwell)</li> <li>Drinks with high sugar content can make diarrhoea worse</li> </ul>

**Less common symptoms** • Losing sense of taste and smell, skin rash, red or irritated eyes

## Check if you need medicines to treat COVID-19

Free antiviral medicines are available for people who are most at risk of severe illness with COVID; you must start these within 5 days of developing symptoms. Talk to your local pharmacy or general practice clinic as soon as possible and they will advise if COVID-19 medicines are suitable for you.

**For more info, visit:** [covid19.health.nz/advice/i-have-covid-19/medicines-treat-covid-19](https://covid19.health.nz/advice/i-have-covid-19/medicines-treat-covid-19)

**When will I get better?**  
Most people who are up to date with their COVID-19 vaccinations will have mild symptoms and are likely to recover within 7 days. Some people may have symptoms that last longer.

If you are not feeling better in 2 weeks, you start to feel worse or new symptoms appear, contact your **general practice** (during the day) or the **COVID-19 Healthline** (after hours – see below for contact details)

**Stay at home**

- You need to stay at home for at least 7 days (Day 0 is the day your symptoms started or when you first tested positive)<sup>†</sup>. Ideally avoid or minimise contact with people in your household. Household contacts do not need to isolate but should test daily for 5 days with a RAT; if any of the results are positive, they must then isolate for 7 days.
- Don't invite people into your home – ask other family or friends to bring you what you need and drop it at the door. If you need help with supplies, contact COVID-19 Welfare line (see below).

<sup>†</sup> Isolation rules may change, for latest information, visit: [covid19.govt.nz/isolation-and-care/how-to-self-isolate](https://covid19.govt.nz/isolation-and-care/how-to-self-isolate)

**Call 111 if you have any of these things (tell them you have COVID):**

- Severe difficulty breathing or severe chest pain
- Confusion or difficulty thinking clearly
- Feeling faint, passing out, difficulty waking up
- A large amount of blood when you cough (having some streaks of blood is common and usually nothing to worry about)

**Caring for child with COVID-19?**

- Use all of the same advice on this sheet
- Monitor your child's temperature with a thermometer if you have one

**Remember:** Children may be unable to tell you what's wrong so watch carefully for any **unusual behaviour**

**Not up to date with vaccination?**

- If you haven't had any COVID-19 vaccinations, you can start your primary course (the first two vaccinations) three months after you recover from COVID. You can get a booster vaccination six months after recovery if you have completed your primary course.

**For further information**  
about COVID-19 self-care and specific advice on caring for children with COVID-19, visit:

- [www.healthify.nz](https://www.healthify.nz)
- [www.healthinfo.org.nz/index.htm?Coronavirus.htm](https://www.healthinfo.org.nz/index.htm?Coronavirus.htm)

**COVID-19 Healthline: 0800 358 5453**  
– information and advice about COVID-19 (available 24/7)

**COVID-19 Welfare line: 0800 512 337**  
– help with food and essential items, financial assistance and mental health support

\* **Note:** Talk to your local pharmacy or general practice clinic if you need more advice about the medicines that you can take