

# Managing Symptoms Of Covid 19

If **mild symptoms**, such as:

- aches and pains
- sore throat
- dry cough
- runny nose

I will manage these symptoms by:

- getting enough rest
- staying active (staying within my house and/or garden)
- eating well
- maintaining a good fluid intake
- taking any medicines discussed with my GP (or other health provider)
- taking paracetamol or ibuprofen for symptom relief.

**If I Feel that I am getting worse Ring: 1 800 317 375**

If I have any **moderate symptoms**, such as:

- oxygen level of 93–94%\*
- respiratory rate of 20–30 breaths per minute\*
- temperature above 38 degrees\*
- vomiting or diarrhoea
- mild breathlessness or a persistent cough
- struggling to get out of bed, and feeling unusually tired and weak
- My daily symptom diary looking like it is tracking worse, rather than stable or better

Action: contact my general practice for review as soon as possible. If they are unavailable, I will call the person/service **1 800 317 375**, or the National Coronavirus Helpline on 1800 020 080.

If I have any **severe symptoms**, such as:

- oxygen level of 92% or less\*
- respiratory rate of more than 30 breaths per minute\*
- heart rate staying at or above 120 beats per minute\*
- severe shortness of breath or difficulty breathing
- lips or face turning blue
- pain or pressure in my chest
- cold and clammy, or pale and mottled, skin
- confusion (eg I cannot recall the day, time or names)
- fainting
- finding it difficult to keep my eyes open
- little or no urine output
- coughing up blood

I will call 000 immediately and let them know that I have COVID-19.