



Get **COVID-READY**



COVID self-care at home

Most people can manage their symptoms at home just like you would for other viruses, particularly if you are vaccinated.

If you have COVID-19 it's important to:



Get lots of rest



Drink plenty of fluids (water is best)



**Take paracetamol or Ibuprofen
if you feel uncomfortable**



**Keep in contact with friends and family (not face
to face) who can check in on how you are doing**



When to get help

You should seek medical advice if you:

- have a chronic health condition
- are pregnant
- are not improving after 2 or 3 days.

Common COVID-19 Symptoms

You might have symptoms such as fever, cough, sore throat, headache, runny nose, sneezing, fatigue, diarrhoea, muscle aches and pain, and a loss of taste and smell.



Fever



Cough



Sore throat



**Shortness
of breath**



Runny nose



Fatigue



Diarrhoea



**Vomiting
or nausea**



**Loss of
smell**



**Loss of
taste**

Further information

National Coronavirus Hotline - 1800 020 080

13 HEALTH - 13 43 25 84

134 COVID - 13 42 68

Visit www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19



Scan the code to see where
else you can get help and
more information



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Where to get help



If you have any concerns about your symptoms, support is available. You can:

- Complete the online COVID Care Self-Checker or call the National Coronavirus Helpline 24/7 on 1800 020 080 to check with someone about your symptoms. Ask for an interpreter if you need one
- call 134 COVID (13 42 68) for information on testing and other COVID-19 advice
- call 13 HEALTH (13 43 25 84), available 24/7 for confidential health advice from a registered nurse
- Talk to your healthcare worker or doctor.



You should go to hospital or call Triple Zero (000) if you have severe symptoms like:

- Difficulty breathing even when walking around the house
- suddenly find it hard to breath or your breathing has gotten worse
- coughing up blood
- bad chest pain
- collapsing or fainting
- feeling cold and sweaty, with pale or blotchy skin
- have a rash that looks like small bruises or bleeding under the skin and doesn't fade when you roll a glass over it
- feeling agitated, confused or very drowsy
- stopping urinating or are urinating much less than usual.

Remember that wherever you live, whatever your health conditions and whatever your vaccination status, you'll be cared for if you get COVID-19.

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