

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](http://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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