

WHAT HAPPENS IF YOU ACTUALLY GET COVID-19?

You want to prepare as though you know that you are going to get a nasty respiratory bug like bronchitis or pneumonia. You just have to have the fore sight to know it might come your way!

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Things that you should actually buy ahead of time

(not sure what is the obsession with toilet paper).

- **KLEENEX**
- **PARACETAMOL** (Tylenol with paracetamol is okay)
- **WHATEVER YOUR GENERIC MUCUS THINNING COUGH MEDICINE OF CHOICE IS** (check the label and make sure you are not doubling up on PARACETAMOL)
- **HONEY & LEMON** can work just as well!!
- **VICKS VAPORUB** for your chest is a great suggestion.

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-If you don't have a humidifier, that would be a good thing and use in your room when you go to bed overnight.

-(You can also just turn the shower on hot and sit in the bathroom breathing in the steam)

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If you have a history of asthma and you have a prescription inhaler, make sure that the one you have isn't expired and refill it/get a new one if necessary.

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- This is also a good time to meal prep: make a big batch of your favorite soup to freeze and have on hand.

- Stock up on whatever your clear fluids are to drink – though tap water is fine, you may enjoy some variety.

FOR SYMPTOM MANAGEMENT AND A FEVER over 38 degrees C, take Paracetamol rather than Ibuprofen.

HYDRATE! HYDRATE! HYDRATE! Rest a lot. Should not be leaving the house even if you are feeling better. You may still be infectious for 14 days and avoid older people and those with existing health conditions!!

Wear gloves and a mask in the house to avoid contaminating the others.

Isolate in your bedroom. Ask friends and family to leave supplies outside to avoid contact.

Sanitize bed linen and clothes by washing them.

Clean the bathroom with recommended sanitizers

You do not need to go to the hospital unless you are having trouble breathing or your fever is high (over 39 degrees C) and unmanaged with meds.

If you are worried or in distress or feel that the symptoms are getting worse, call 911 and they will advise if you need to go to the hospital.

If you have a pre-existing lung condition (COPD, emphysema, lung cancer or on immunosuppressants) now is a good time to speak with your doctor or specialist about what they would like you to do if you do get sick.

Be calm and prepare rationally and everything will be fine!

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As said by our brave health care persons, on the front line...

We stayed at work for you, so you should stay at home for us.

