

Coronavirus Home Treatment Checklist

Think you might have Coronavirus? Here's a simple checklist on how to treat Coronavirus symptoms at home. In most cases, you can treat Coronavirus similarly to how you treat a common cold or flu.



- 1 Rest at home. This is essential. Don't leave the house!
- 2 Get plenty of sleep.
- 3 Use a humidifier in your bedroom while you sleep at night.
- 4 Hydrate. Hydrate. Hydrate. Drink liquids all day.
- 5 Take lots of long, hot, and steamy showers
- 6 Take acetaminophen (Tylenol) for pain and fever
- 7 Avoid smoking or smoky areas
- 8 Watch your breathing (if breathing becomes heavy call your doctor for next steps)
- 9 Take your temperature regularly. (If irregular, call your doctor for next steps)