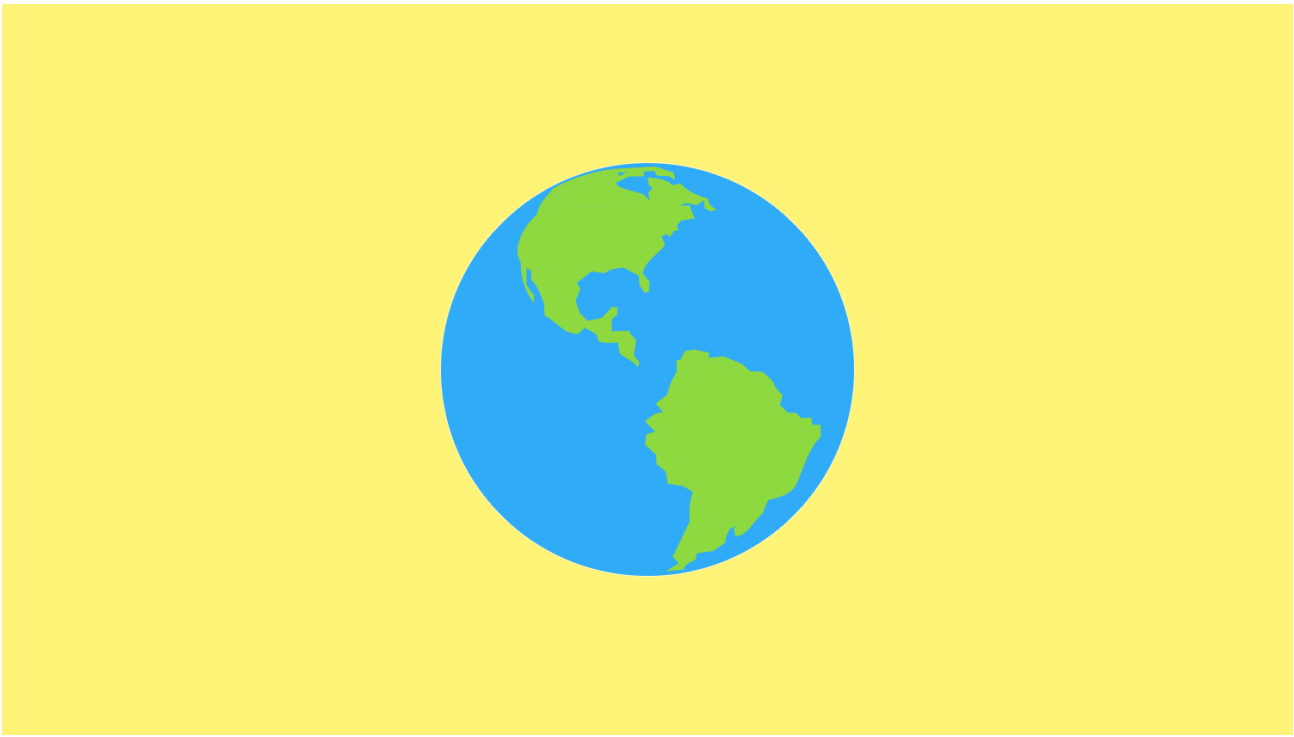
Coronavirus Home Treatment Checklist

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 of flu.



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

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