

Coronavirus Cheatsheet

All Coronavirus (COVID 19) symptoms, treatments, and prevention tips.

Symptoms

- ☐ Light cough
- ☐ Fever
- ☐ Sore throat
- ☐ Shortness of breath
- ☐ Runny nose
- ☐ Sneezing

Home Treatment

- ☐ Drink plenty of fluids!
- ☐ Don't leave the house.
- ☐ Sleep
- ☐ Avoid alcohol
- ☐ Use a humidifier
- ☐ Get lots of rest.
- ☐ Tylenol
- ☐ Monitor your temperature
- ☐ Avoid smoke
- ☐ Take showers

Seek medical attention

- ☐ High fever
- ☐ If you're elderly
- ☐ Shortness of breath
- ☐ Direct contact with coronavirus patient

Prevention Tips

- ☐ Wash hands every 1-3hours
- ☐ Avoid leaving the house
- ☐ Cover mouth/nose when coughing
- ☐ Avoid shaking hands
- ☐ Avoid touching your face
- ☐ Cover mouth/nose when sneezing
- ☐ Practice social distancing
- ☐ Disinfect surfaces

Who is at risk?

- ☐ People with heart disease
- ☐ People with weaker immune system
- ☐ Eldery
- ☐ People with lung disease
- ☐ People with diabetes

Why stay home?

- ☐ To not overwhelm hospitals
- ☐ To not infect older adults

☐ To not infect ppl w/ weak immune systems

☐ To not contract disease

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