

How Should I Care for COVID-19 Infection at Home?

This guidance may be helpful if your clinician says you *do not require hospitalization*.

If you have COVID-19, you should:

- **Stay in touch** with your clinician so he/she can help you follow your symptoms.
- **Watch your symptoms:**
 - Consider keeping a daily chart of your symptoms and fever, if any.
 - Call your clinician if your symptoms worsen.
- **CDC recommends calling 911** if you experience any of these emergency symptoms:
 - **Trouble breathing**
 - **Persistent pain or pressure in the chest**
 - **New confusion, inability to wake or stay awake**
 - **Bluish lips or face**
- **Self-isolate** to protect others:
 - Use a separate bedroom/bathroom from members of your household if possible.
 - Wear a mask as much as possible; clean hands and surfaces often.
- **Stay well hydrated and maintain good nutrition:**
 - *This is important!* People with COVID-19 may lose the desire to eat or drink.
 - Try [Pedialyte, Lytren, broth, or half-diluted sports drinks](#) if unable to eat solid food.
 - Avoid alcohol (since it may cause dehydration) and avoid smoking.
- **Ask your clinician** about whether a [pulse oximeter](#) may be helpful in your case. It tracks blood oxygen levels and can provide early warning of a problem in the lungs.
- **Sleep/lie on your stomach** to increase oxygen flow to the lungs.
- **Ask a friend** or relative to check in on you daily.
- **To prevent the spread of infection to others** the [Massachusetts Community Tracing Collaborative](#) will contact you to discuss how to notify close contacts who you may have infected. Please answer their call (prefix 833 or 857).
- **Use over-the-counter medication** for symptoms as recommended by your clinician.

If you have COVID-19 infection, members of your household should:

- Identify a single dedicated caregiver to minimize exposure.
- Wear a mask and gloves when caring for you.
- Clean surfaces daily first with water and household cleaners, and then with disinfectant.
 - A paper towel dipped in 60% *isopropyl* alcohol will kill the virus.
- Wash laundry thoroughly and wash hands immediately after handling laundry.
- Avoid sharing personal items such as towels, bedding, dishes and utensils.

Most transmission happens in households and other places where close contact is unavoidable.

For emotional support: call MA 24-hour Crisis Line [1-800-985-5990](tel:1-800-985-5990) or share your concerns with your clinician. Call [211](#) for more information on COVID-19.

Resources: Follow CDC's [public health recommendations](#) and specific [suggestions](#) for treating COVID-19 infection at home.