

CHESINGTON PARK SURGERY

Home Treatment Advice for Suspected or Confirmed Coronavirus

This is to provide you with some further information following your assessment with the GP today. Home is the best place for your recovery at this time and we are here to support you. It can be a worrying time, especially with information in the media but it is important to remember that the vast majority of patients will make a full recovery without the need for hospital treatment.

What can I do to help my recovery?

- Treat fever with paracetamol. Ibuprofen is best avoided whilst you are unwell.
- Drink plenty of fluids because this will keep your kidneys functioning well
- Follow the government advice on self-isolation for yourself and those in your household ; <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>
- Follow the GPs advice on stopping certain medicines if you are advised.
- Stay in touch regularly with family and friends by phone so they can check on your progress

When to seek further help

Most people will recover within 7-10 days. During this time you may experience fever, cough, headache, shortness of breath or diarrhoea. You are no longer infectious after 7 days, although the cough may persist for longer.

If you are experiencing a worsening of symptoms;

- Increasing shortness of breath – if you have difficulty speaking in sentences or moving around inside your home
- High fever that is not responding to paracetamol
- If you are too unwell to drink fluids regularly or are not passing urine regularly
- You are increasingly drowsy or lethargic

Contact NHS 111 if your symptoms are worsening. Please do not leave your home, or attend A&E or your GP surgery. In an emergency, if you have severe breathing difficulties phone 999 and inform the operator about the risk of Coronavirus.