HOW TO TREAT SYMPTOMS OF CORONAVIRUS AT HOME

Self-care advice for health at home, if you have symptoms of a viral infection

Drink fluids and eat plenty
Your body is fighting an invader and you need to keep it going strong. Ice lollies and cold water can help soothe a sore throat.

Sleep as much as you can
Most people do not sleep enough and it plays a key part for the immune system. This is how our body regenerates from stress and resets metabolic processes.

Keep mobile and warm indoors
Just because you're inside doesn't mean you have to stay still. Yoga, Tai Chi, or isometric stretches aid circulation and can help the body to heal.

Practice deep breathing or singing exercises
Getting air deep into your lungs and stretching the alveoli (lung bubbles) can clear mucus and increase oxygen levels. Stop if you become lightheaded.

Follow local self-isolation advice
It is important to stop the spread of viral illnesses, and coronavirus in particular. See **gov.je/coronavirus** for information.

Catch your cough or sneeze in a tissue or sleeve. Bin the tissue and wash your hands. Coughs or sneezes containing the virus are most likely the main means of transmission.

Take paracetamol at regular intervals to lower your temperature and treat aches and pains
(up to 6 hourly or four times a day)
Antibiotics don't work for viruses, so there's no need for a prescription.
Pay close attention if your GP has specified "sick day" rules for your regular medications.

Wash your hands thoroughly for 30 seconds with soap and water regularly throughout the day. Don't forget to rub and lather hands palm to palm, the backs of your hands, thumbs, fingernails and fingertips.
Hand sanitizer is a suitable alternative when soap and water is not available.

Avoid touching your eyes, nose or mouth with unwashed hands. It is possible to become infected by touching a surface or hand of an infected person, and then touching your own eyes, nose or mouth.

Clean and disinfect frequently touched objects and surfaces. Objects and surfaces that are frequently cleaned help to reduce the spread of infection.

Stay up to date with the latest accurate advice and information:
gov.je/coronavirus

If you think you are suffering from symptoms of coronavirus, isolate yourself at home and call the helpline on: **01534 445566**. If you are very unwell and need an ambulance, call **999** and tell them your symptoms and travel history.