 Coronavirus Disease (COVID-19)

How to manage symptoms

COVID-19 has been spreading worldwide and has caused over 100,000 deaths globally. The World Health Organization (WHO) has recommended that people stay home if they feel sick. The symptoms of COVID-19 can range from mild to severe, and may include:

- Fever
- Cough
- Runny nose
- Shortness of breath
- Sore throat
- Headache
- Muscle pain
- New loss of taste or smell
- Chills
- Fatigue
- Diarrhea

If you have any of these symptoms, please stay home and call 811 for more information.

If you have a fever of 37.5°C or higher, please call 811 for advice on what to do next.

MyHealth.Alberta.ca
How to manage symptoms.

- Some symptoms may be managed at home.
- For more severe symptoms, you should call 811 or 911.

Managing Symptoms:

- Bed rest: Resting can help relieve symptoms.
- Hydration: Stay hydrated by drinking plenty of fluids.
- Pain relief: Use over-the-counter pain relievers as needed.
- Oxygen therapy: If prescribed by a healthcare provider.

If symptoms persist or worsen, contact your primary care provider or seek medical attention.

AHS.ca/covid
(When to get medical advice)

When to get medical advice:

- Call 811 to get medical advice.
- Call 811 for medical advice if you have high fever.
- Call 811 if you have difficulty breathing.
- Call 811 if you have difficulty walking.

24/7 Medical Advice Available: Call 811 for Medical Advice 24/7.

Date: March 2, 2020

How to manage symptoms:

- Stay home if you have fever.
- Stay home if you have difficulty breathing.

When to get medical advice:

- Call 811 if you have high fever.
- Call 811 if you have difficulty breathing.
- Call 811 if you have difficulty walking.

Make an appointment for medical advice.

Call 811 for medical advice 24/7.

When to get medical advice:

- Call 811 if you have high fever.
- Call 811 if you have difficulty breathing.
- Call 811 if you have difficulty walking.

Call 811 for medical advice 24/7.

How to manage symptoms:

- Stay home if you have fever.
- Stay home if you have difficulty breathing.

When to get medical advice:

- Call 811 if you have high fever.
- Call 811 if you have difficulty breathing.
- Call 811 if you have difficulty walking.

Call 811 for medical advice 24/7.