

Mayo Clinic Minute: How to self-care at home when you have COVID-19

VIDEO	AUDIO
	You've tested positive for COVID-19, but feel like you have a cold or flu.
Melanie Swift, M.D. Preventive Medicine Mayo Clinic	"Most cases of COVID-19 actually resolve without needing any kind of prescription medication or advanced care."
	Dr. Melanie Swift says you should stay home for at least five days and isolate from others in your household during this time.
	You might experience fever, chills, sore throat and muscle pain.
	"It's simple things, getting rest, staying really well-hydrated. And sometimes you may want to take a Tylenol or acetaminophen for symptoms of fever."
	Medications, like Paxlovid, are available for people with certain risk factors, so check with your doctor right away to see if you are eligible.
	"If you find that you're having trouble breathing, you need to get medical attention. Chest pain or pressure in the chest is another reason to stop with the self-care and get medical attention."
	For the Mayo Clinic News Network, I'm Joel Streed.