



Del Mar Caregiver Resource Center

A program of Health Projects Center

HOW IS COVID-19 TREATED?

There is currently no specific treatment for COVID-19 infection. Supportive measures are recommended depending on the type and severity of the symptoms. Guidelines are as follows:

SEVERITY	SUPPORTIVE MEASURES
No symptoms	<ul style="list-style-type: none">• Contact a doctor and follow their orders.• Follow isolation precautions.• Monitor for symptoms.
Mild symptoms	<ul style="list-style-type: none">• Monitor for worsening symptoms. The CDC reports, “some observations suggest that respiratory symptoms may worsen in the second week of illness.”• Get plenty of rest and fluids• Tylenol can ease discomfort
Severe	<ul style="list-style-type: none">• Get emergency help for difficulty breathing• Hospitalization is likely required• Treatment will depend on symptoms
Critical	<ul style="list-style-type: none">• Life-saving measures are required at this stage• Isolation precautions remain