

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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COVID-19 self-care at home

If you have symptoms of COVID-19, you can assume you have COVID-19. If you are sick, isolate right away. If your symptoms get worse call Health Link at 811. If you need medical help right away, call 911.

Most people recover from COVID-19 without special treatment and can manage mild symptoms at home.

Things that may help you feel better:

- Get extra rest
- Drink plenty of fluids
- Try over-the-counter medications (such as Tylenol) to help with body aches, headache or to lower your fever, if it's safe for you. Check with your doctor or a pharmacist if you're not sure.

If you're caring for someone with COVID-19 at home:

If you are caring for a person who has been diagnosed with COVID-19 or who has COVID-19 symptoms and has not been tested, follow this advice to protect yourself and others in the home, as well as those in your community. Most importantly, limit contact with that person.

- Only one healthy person should provide care.
- Do not share personal and household items with the sick person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- If at all possible, try to ensure that the sick person has their own bedroom and bathroom.
- If the sick person must leave their room, they should wear a mask.

- If not possible to have a separate bathroom, the sick person should put the toilet lid down before flushing. Clean and disinfect the bathroom as needed after each use by the sick person.
- Do not allow the sick person to prepare meals for others. Ensure the sick person uses a separate preparation area or at least prepares meals at a different time, washing all surfaces after.

Protect Yourself

- Maintain physical distance from the sick individual, as much as possible.
- If you need to be within two metres of the sick person, wear a mask.
- Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing your mask.
- Dry your hands with disposable paper towels.
 - If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt from your hands with a wet wipe and then use an alcohol-based hand sanitizer.
- Use an alcohol-based hand sanitizer if soap and water are not available and hands are not visibly dirty.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Maximize ventilation and airflow in the living spaces. Even opening a window for a few minutes every hour can help improve ventilation.