

CORONAVIRUS (COVID 19) MEDICAL INFORMATION: UPDATE

From Dr. Amy Slagle, MD

Public Health Officer, MITW Incident Command, Coronavirus Response

March 28, 2020

Please see separate articles on Corona virus safety instructions and virus facts for additional information.

SYMPTOMS OF MILD INFECTION: fever greater than 100.4 degrees, dry cough, and mild shortness of breath are the most common. Some people get the fever first. Muscle aches and feeling very tired also occur. Sore throat, rash, diarrhea, and nausea are not as common but do occur. These are the mild symptoms. They appear 2-14 days after exposure to Covid 19. If you have these, stay home, drink plenty of fluids, and keep away from others at home. Use acetaminophen to treat fever and muscle aches. You will not get a test for Covid 19 for mild symptoms because not enough testing materials are available. You can call your medical provider to help decide if your symptoms are mild or more severe.

EMERGENCY WARNING SIGNS: pneumonia and more severe infection commonly start after 8 days of infection but can occur earlier. If these occur, seek medical care immediately:

Getting short of breath at rest, or with simply walking

Blue lips or face

Mental confusion or trouble staying alert or awake.

Acetaminophen (Tylenol) and Ibuprofen: these medications reduce fever. Avoid use of these for pain so you do not mask the first symptoms of infection. You should use these while having symptoms to treat fever and prevent dehydration.

RESOURCES FOR ACCURATE INFORMATION:

www.cdc.gov

www.dhs.wisconsin.gov

Complementary Medicine (use of supplements, vitamins, etc): many people are interested in using vitamins or other ways to boost their immune system and prevent or fight infection. Currently no research which specifically studies Covid 19 has been done but the Harvard Medical school is one place to find evidenced-based information:

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

