

# Essential COVID-19 Recovery Tips to Know



If you've gotten your positive COVID-19 test result, you have one job duty right now: Get better. You can't feel your best or do your best if you haven't rested properly. Your focus for the next few weeks is to beat this virus and restore your health. That's it!

**Here's a look at what to do while you're at home:**

## **Tip #1: Focus on Getting Well**

Stay home and get well. We will see you back at work when you're healthy and feeling your best. Work can wait. Your health can't!

## **Tip #2: Reach Out to Us**

If you need anything, please reach out. This is especially important if you don't have family or friends nearby. As your employer, we care about your health and want to make sure you have what you need to restore your well-being.

## **Tip #3: Rest**

To get rid of any virus, you need adequate amounts of rest. Take all the power naps you want!

## **Tip #4: Stay Hydrated**

Flush out the virus and thin the mucus of a stuffy nose by drinking all the water your body can handle. Add slices of lemon or orange for a vitamin C boost!

## **Tip #5: Drink Warm Beverages**

Need something to relieve your cough? Try drinking warm water with honey and ginger. The honey will soothe your throat while the ginger acts as an anti-inflammatory to reduce swelling.

## Tip #6: Take a Hot, Steamy Shower

Feeling too stuffy? Try a hot and steamy shower to open up your nasal passages and relieve any headaches. If you can get fresh eucalyptus leaves or a eucalyptus shower bomb, try it. The hot steam releases the plant's scent and relieves headaches and sinus congestion thanks to its antiviral and antimicrobial properties.

## Tip #7: Turn Off the News

It's great to stay updated on current events. But, honestly, do you really need to pay attention to negative news right now? It'll probably cause you more anxiety, which you don't want while cooped up in the house. If you have to get your news fix, consider checking out the [Good News Network](#) for uplifting, positive news stories.

## Tip #8: Stay Home

Yes, it bears repeating. Stay home and rest. Keep your germs to yourself, please. ;)

## Be On The Lookout

The below information serves as a precaution of symptoms to look out for if you or someone else in your house has COVID-19. It's not to worry you but to help you be proactive if you haven't received further instruction after your positive test results came in. This information comes directly from the [Centers for Disease Control and Prevention website](#).

If you or a loved one has tested COVID-19 positive and have quarantined, it's important to monitor your symptoms each day. Keep an eye on emergency warning signs\* for COVID-19.

### Warning signs that require emergency care:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*\*This doesn't include all possible symptoms. Please call your medical provider to discuss any other severe symptoms or anything concerning you.*

**If you have to call 911:** Notify the operator you're seeking care for someone who has or may have COVID-19.