


Do I need to consult if I have COVID-19?

Signs of coronavirus (COVID-19) infection can be mild to severe. Most of the time, there is no need to see a doctor. You can administer self-care and monitor your symptoms while recovering at home.

See the table below for guidelines on when to see a healthcare provider.

	Fever	Common symptoms	Respiratory symptoms	Gastrointestinal symptoms
Practise self-care at home	<p>Oral temperature above 38.1°C (100.6°F) if condition is good overall</p> <p>For children 3 months to 5 years old: rectal temperature 38.5°C (101.3°F) if condition is good overall</p>	<p>Runny or stuffy nose (nasal congestion)</p> <p>Headache</p> <p>Sore throat that doesn't make it hard to eat</p> <p>Sudden loss of smell without nasal congestion, with or without loss of taste</p> <p>Body aches</p> <p>Fatigue that doesn't prevent you from performing activities of daily living</p>	<p>Recent cough or worsening of a chronic cough</p> <p>Mild shortness of breath that doesn't prevent you from performing activities of daily living</p>	<p>Mild abdominal pain</p> <p>Nausea (queasiness) or vomiting</p> <p>Diarrhea</p> <p>Mild appetite loss with sustained hydration</p>
See a primary care provider	<p>Oral temperature above 38.1°C (100.6°F):</p> <ul style="list-style-type: none"> ✓ With deterioration in overall condition ✓ Lasting more than 72 hours ✓ That doesn't respond to acetaminophen or ibuprofen 	<p>Intense headache not relieved with acetaminophen or ibuprofen.</p> <p>Severe sore throat that makes it hard to eat</p>	<p>Shortness of breath that prevents you from performing activities of daily living</p> <p>Worsening chronic cough:</p> <ul style="list-style-type: none"> ✓ Despite the use of inhalers ✓ Despite following the action plan for known asthmatic/COPD patients 	<p>Abdominal pain and diarrhea lasting longer than 14 days</p>
Go to the emergency room or call 911	<p>For children 0 to 3 months old: rectal temperature 38.1°C (101.3°F) and above</p>	<p>Severe pain in the chest, jaw, or left arm</p> <p>Deterioration in overall condition: excessive drowsiness, difficulty staying awake, severe weakness, confusion, unusual behaviour</p>	<p>Unusual or worsening shortness of breath:</p> <ul style="list-style-type: none"> ✓ Severe shortness of breath, even at rest ✓ Shortness of breath that makes it impossible to talk 	<p>Signs of dehydration that do not improve despite proper hydration:</p> <ul style="list-style-type: none"> ✓ Dry mucous membranes ✓ Reduced urine output ✓ Dark urine ✓ Excessive thirst

 For more advice, call 811 to speak to an Info-Santé nurse.