

If your condition weakens, please call the Medical Helpline 116 117

INSTRUCTIONS FOR TREATING COVID-19 AT HOME

Please, always wear a face mask around people.

Stay home, rest and follow the quarantine instructions!

1.

Fever is the body's normal defence reaction against viral diseases, as the coronavirus. Monitor your body temperature. You may take fever medicine (*paracetamol*) if you are feeling very uncomfortable. Maximum daily dose of paracetamol for an adult is 3 grams.



2.

A surgical mouth and nose mask is good for combating the virus. It keeps your respiratory tract humidified and prevents others from contracting the disease. Keep record of your daily mask usage.



3.

Drink primarily water. No alcohol! Recommended amount of daily non-caffeinated drinking is 2,5–3 litres. Keep record of your drinking and eating. Also monitor your urination and the colour of your urine in accordance with the table.



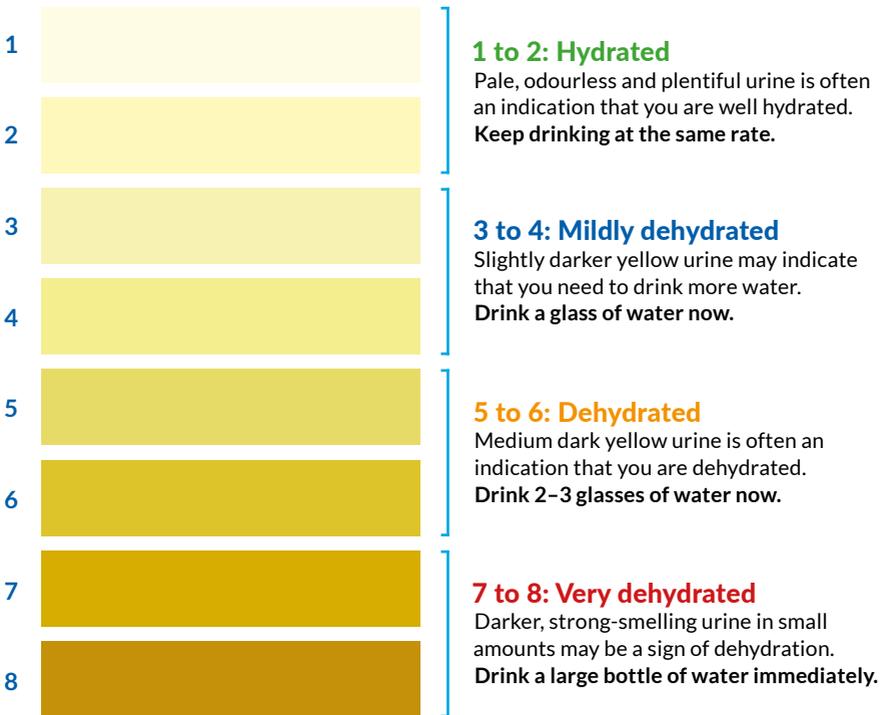
4.

Monitor your weight with a scale every morning. The disease may cause your body to accumulate a lot of water. Call 116 117 if your weight changes by +/- 2 kg in one day.



Am I drinking enough water?

Use this urine colour chart to assess how hydrated you are.
It is important to drink plenty of water every day to stay healthy.



What may change the colour of my urine?

Certain foods, medication and vitamin supplements may change your urine colour even if you are hydrated.



Important

The colour of this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

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MEDICAL HELPLINE

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