

## Information about COVID-19 Disease

### If you have been tested positive by a nose-throat-swab, WITHOUT showing any symptoms :

Maybe you are lucky and the situation remains. We honestly wish it will remain!

- **Please keep in mind: It is possible that even** within the next 14 days, symptoms of COVID-19 disease still might occur!
- Therefore it is **extremely necessary to stay at home** – even if you feel totally healthy.
- **You are capable of infecting other people unintentionally 2 days before you develop symptoms yourself.**
- **Your advantage of information to other people is:** You already KNOW, that you have had contact to the virus – because you have been tested positive.
- Therefore: **PLEASE stay at home for the next 10 days and do not meet up with anybody during this time!**
- **Thanks a lot!!!**

### If you have been tested positive by a nose-throat-swab, and you are feeling sick:

- Please notice: Your family doctor gets NO information from the local authorities about your infection! Please inform your family doctor by calling him/her per telephone.
- COVID-19 disease can start very suddenly and intense, but it also can take an insidious development.

This information is an attempt to prepare you on what you might face the next three weeks.

### Early Symptoms:

**About 3 - max.14 days after having contact with the virus, first symptoms might occur:**

- **Within the first week, symptoms can be quite similar to a common cold** like you might have already had in the past. Doctors call it a „mild course of the disease“.
- Your feeling of sickness is similar to a common cold: aching bones ache, itching and burning throat, cough, tiredness, fever and/or headache. You also can suffer from diarrhea, nausea and vomiting.
- **If you are lucky, you recover after a week and are healthy again.**

**But: after 5 – 12 days your situation can become worse!**

- **Exhaustion** can occur suddenly and become severe:
  - From one day to the other some patients are too weak to go to the kitchen for cooking tea or to take some steps, as the muscles are too weak.
- **Fever:** It may happen that your temperature goes like a roller coaster up and down.
  - Some patients suffer from fluctuations of temperature between 37,5°C and 40,2°C for the next three weeks – **and this already by taking medication.** This can be a very, very exhausting situation which often leads to pure despair.

Due to the medical achievements of the last 50 years, we all – especially the younger ones among us – are not at all used to suffer from fever for 3 weeks although we already are taking medication.

- Please don't expect that there is any miracle drug:
  - Try to keep calm, don't forget to eat and drink even if you are completely exhausted and don't feel like eating or drinking. You need energy in these days!
  - Use **household remedies** like stockings of vinegar compresses etc. Drink a huge amount of sweetened tea: Only water is not enough. You need sugar!
  - Eat soup! Your body not only needs liquids, you need nutrients and electrolytes as well.
  
- **Lack of taste and smell:**
  - This condition is very unpleasant, but it is not dangerous.
  - Even weeks after the disease this condition might remain.
  - **Nevertheless, it is very important for you to keep eating and drinking regularly** – even if it tastes like straw!
  
- **Diarrhea, Sickness, Vomiting:** When diarrhea and vomiting occurs together with fever and exhaustion, than it is extremely important to supply enough nutrients and fluids – besides having medication or even receiving an infusion from your family doctor!
  - Recipe for diarrhea: „**Carrot soup Moro**“
    - 500 g peeled carrots, cut into little pieces, boil them in 1 litre of water for 1 to 1,5 hours and mash them. Then take the mashed carrots, refill the mash with water up to 1 litre, add one teaspoon of salt (3g). Consume it in little portions.
  
    - **Variation of the carrot soup:** 500 g peeled carrots, cut into little pieces, boil them in 1 litre of water for 1 to 1,5 hours and mash them. Add 3 g of salt (a teaspoon), add 1 teaspoon of butter and 1 tablespoon of sugar. Mash it. Children prefer this variation.
  
  - Recipe for **Electrolyte -Tea:**
    - 1 litre camomile or peppermint tea + 10 tablespoons of honey + 1 teaspoon of salt + 1 lemon – drink it throughout the day, eat rusk
  
  - **Rossi Delution:**
    - 2 parts of black tea (steep it long) + 1 part orange juice +1 tablespoon sugar + 1 teaspoon salt
    - **To be consumed cold spoon by spoon** (out of the refrigerator)
    - Excellently suitable when feeling sick and vomiting
  
  - For transition to normal diet: Rice soup (**Congee**) after a TCM recipe:
    - 1 cup of rice + 8-10 cups of water + a bit of salt
    - Boil it over some hours. Caution! It easily boils over – therefore use a big pot and keep watching it.
    - in the beginning you can drink it pure, as time goes on you can combine it with boiled vegetables or apple puree.
  
  - **Avoid:** Milk (hot chocolate, semolina pudding etc.) and meat. They are not tolerated very well when suffering from diarrhea. Yoghurt: yes.
  
- **Coughing, shortness of breath:** A pneumonia caused by a virus often evolves insidiously and is detected late.
  - **Over the next two weeks please watch your blood oxygene twice a day** – even if you feel well!

- Therefor you can buy a pulsoxymeter, for example via internet. But there is also a handy app for android phones which functions quite well („Pulsoximeter & Sauerstoff“, max. € 2,70).
    - For a relaxed and healthy person, blood oxygen should be over 94%. When you exercise (f.ex. walking upstairs), blood oxygen should not fall under 90%.
  - **If you are not reaching these levels:** Please contact URGENTLY your family doctor or call 141.
  - **If you are reaching those levels easily,** you can relax! You don´t need a doctor, your exhaustion is comprehensible, but **not threatening**.
- **Dry cough, thick mucus:** Call your family doctor, in particular when you cannot sleep anymore. Your doctor has medication for you. You need your sleep to recover.
- **Sore throat, earache:** Suffering from COVID-19 does not mean, that you cannot suffer from an angina or middle ear infection as well.
  - **Please contact your family doctor – but make sure to inform your doctor that you suffer from COVID-19 in case he/she wants to visit you at home**
    - Your family doctor has to be prepared and bring some personal protective equipment with him/her. This needs to be planned. You must give him/her the chance to prepare the visit, otherwise he/she has to close his/her office for two weeks because of unprotected contact with the virus.
- **Headache:** Many patients suffer from severe headache. This pain is predominantly due to muscular tension which goes together with fever and always lying in bed.
  - Try to relax with a hot-water bottle in your neck.
  - Ask your family doctor! There is medication.

### Conclusion:

- After a positive test result: Contact your family doctor!
- This illness can last for up to three weeks with fever – although taking medication.
- Eat and drink – even if you don´t feel like it!
- Watch your blood oxygen two times a day – in relaxation and after exercises.
- Diarrhea and vomiting: Carrot soup Moro und Electrolyte-tea, Rossi-Dilution, rice soup

### When should you call your doctor – and PLEASE tell him/her, that you suffer from COVID-19!

- When you are unusually and severe short of breath after little exercise.
- When you totally cannot eat or drink anymore due to diarrhea and vomiting.
- When you cannot manage high fever anymore.

Together we will make it!

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