



What is COVID-19?

COVID-19 is caused by a virus called SARS-CoV-2, which spreads mainly from person to person through coughing, sneezing, talking, or close contact. People can spread the virus even if they do not feel sick.

What does a positive test for COVID-19 mean?

A positive test means the virus SARS-CoV-2 was detected in the sample. Common symptoms of this virus are fever/chills, cough, sore throat, runny/stuffy nose, fatigue, headache, loss or change in taste or smell, among others. Symptoms can range from mild to severe.

How is COVID-19 treated?

A prescription for an antiviral medication, nirmatrelvir-ritonavir (Paxlovid) may be used to treat COVID-19. If prescribed by the pharmacist, the medication should be started as soon as possible, ideally within 5-7 days of the start of symptoms. It is important to complete the full five-day course even if feeling better.

When to contact a healthcare provider?

- Symptoms are not improving after 48 hours
- Symptoms are getting worse or new symptoms develop
- Having trouble breathing
- Skin, lips, or nail beds are gray or blue
- Develop new confusion
- Trouble staying awake or waking up
- Having chest pain or pressure that is constant

What can be done to relieve symptoms?

- Over-the-counter medication:
 - Fever/Aches: Acetaminophen (Tylenol) or Ibuprofen (Motrin)
 - Cough: Dextromethorphan (reduce the urge to cough) or Guaifenesin (loosen mucus in the cough)
- Non-pharmacological measures:
 - Rest
 - Drink plenty of fluids
 - Use a humidifier if you have congestion
 - Gargle saltwater for sore throat

How can the spread of COVID-19 be prevented?

COVID-19 can spread from person to person through respiratory droplets when someone coughs, sneezes, or talks. To help prevent the spreading, stay home and avoid close contact with others for at least 24 hours after fever is gone without taking fever-reducing medications. Cover coughs and sneezes. Also wash hands with soap and water often and clean frequently touched surfaces as this helps to stop the spread of germs. Getting vaccinated every year can help prevent COVID-19 as well.

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Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention; Mayo Clinic; National Institutes of Health; World Health Organization