

How to treat COVID-19

So you have a positive COVID-19 test. Get the right information on how to take care of yourself.

denverpublichealth.org/HowToTreatCOVID

Can I treat COVID-19 at home?

Before treating yourself at home, check with a health care provider.

Tell them about any medical issues you have and ask them if over the counter medications will help you. Feel free to ADD fruits, vegetables, and get a little sun while still being isolated, but these CANNOT cure COVID-19.

Harmful COVID-19 Treatment Myths

There are a few myths about COVID-19 treatments that can actually hurt you. If you aren't sure if a treatment is legitimate, call your doctor or health care provider. The following treatments DO NOT cure COVID-19

- Inhaling bleach
- Consuming alcohol
- Only using herbal remedies
- Hydroxychloroquine
- HIV medications

Protect
Advocate
Prosper

Treatments available to you at the hospital

If your oxygen is low, or your symptoms worsen, go to the hospital. It is your right to ask about the latest treatments for COVID-19. Currently, you should ask if remdesivir and/or dexamethasone are treatment options right for you. Patients should ask why they aren't being treated with one or other if hospitalized.

- Remdesivir - slows the virus from replicating in the body
- Dexamethasone - reduces the inflammation caused by the immune system fighting the virus
- Convalescent plasma: plasma donated by people who have fully recovered from COVID-19 infection. This plasma contains antibodies that may help you recover faster.

This information is current as of October 2020. Denver Public Health strives to keep you updated as we continue to learn more about COVID-19. The most up-to-date information is on our website: denverpublichealth.org/HowToTreatCOVID

ADVOCATE
for yourself



"It's ok to question what your doctor is telling you. You are the expert on how you're feeling and you can ask for a second opinion."
-The *entire* Enhanced Patient Support Team