

## COVID-19 Treatment Part 3

### Who should get COVID-19 medication:

Not everyone who tests positive for COVID-19 needs to get treated. Antiviral treatments for COVID-19 are available for patients with mild to moderate symptoms, who are not in the hospital, who have had symptoms for seven days or less, and who are at high risk for severe illness.

People can be high risk for many reasons. Some of the most common are being older than 65 years, obesity, having chronic medical conditions such as heart, lung or kidney disease, being on treatment that suppresses your immune system, or pregnancy. To find a full list of factors that may put someone at high risk, visit [CDC: People with Certain Medical Conditions](#).

If you are high risk and develop symptoms that could be COVID-19, get tested right away. If you test positive, contact your health care provider right away, even if your symptoms are mild right now. Don't delay, treatment must be started early to work.

The Minnesota Department of Health COVID-19 Public Hotline can also help you understand treatment options and direct to resources. Call [1-833-431-2053](tel:1-833-431-2053), Monday - Friday: 9 a.m. to 7 p.m., Saturday: 10 a.m. to 6 p.m.

For more information, see [COVID-19 Medication Options](#).

### Managing mild COVID-19 illness:

If you have a fever, cough, or [other symptoms](#), you might have COVID-19. Most people have mild illness and can recover at home. Your health care provider might recommend the following to relieve symptoms and support your body's natural defenses:

- Taking medications, like acetaminophen or ibuprofen, to reduce fever;
- Drinking water or receiving intravenous fluids to stay hydrated; and
- Getting plenty of rest to help the body fight the virus.

Learn more about what to do if you are positive at [If You Are Sick or Test Positive](#).

### When to seek emergency medical care:

If your illness is getting worse or you notice any of these emergency warning signs, call your health care provider right away. Emergency warning signs can include:

- Trouble breathing.
- Ongoing pain or pressure in the chest.
- New confusion or not being able to wake up.
- Bluish lips or face.

Call your doctor or clinic before going in. Tell them about your symptoms and they will give you instructions to help protect you and other patients.