

Soundbite Script – When to Seek Help for COVID Symptoms

Le Ann Galbraith, Nurse Practitioner, OSF HealthCare

“I was able to manage my symptoms at home, pushing lots of fluids, Tylenol and Motrin as needed and I did take some over-the-counter allergy medicine. In general, I feel okay. I still have some fatigue and can work and do my job; it just feels like I have a lingering cold.”

Le Ann Galbraith, Nurse Practitioner, OSF HealthCare

“What we see right now with the current COVID infection is your symptoms are typically mild like you would see with a common cold or a mild case of influenza. You can stay home as long as you’re able to manage your symptoms with over-the-counter remedies with things like Tylenol and Motrin, you can use over-the-counter flu medications as long as you are able to take them and have no problems with that. The point is for you to stay home. And we’re not just seeing that.”

Le Ann Galbraith, Nurse Practitioner, OSF HealthCare

“It can still cause complications, it can still affect people especially those with chronic conditions; we’ve seen patients here who’ve had kidney transplants, organ transplants, heart problems, they’ve had open-heart surgery or maybe they’ve had a chronic condition like COPD or asthma, those are the types of things that in the back of your mind ‘is this affecting my everyday life with my chronic disease and is it becoming worse, or is it something that I should continue to monitor and continue to treat as I would at home?’”

Le Ann Galbraith, Nurse Practitioner, OSF HealthCare

“If you feel like your symptoms have reached a point where you’re not able to manage it, we definitely want to see you. We’re going to get through this, and we’ll do it together.”