

# Weakness, fatigue

fatigue during an acute COVID-19 infection (adults and children of school age)



General weakness and fatigue during a COVID-19 infection are not uncommon.



## What can you do?

- Rest
- Get plenty of sleep, take a short nap during the day
- Drink plenty of fluids (e.g., unsweetened tea)
- Eat a diet of easily digestible and healthy food
- Alternate between hot and cold water when you shower
- Relaxation exercises
- Gentle movement

Avoid infecting others: wash your hands regularly (for at least 20 seconds, with soap) or disinfect them; cough or sneeze into your elbow and not your hands; keep your distance; and wear an FFP2 mask when in contact with other persons/medical personnel.

If you are worried or need medical information for yourself, your child, or a relative you are caring for, call ☎ 1450, the health advice hotline.



## When should I call a doctor?

Unless the infection is mild, it is generally recommended that you inform your general practitioner. You should certainly seek medical advice if you:

- have very severe symptoms (e.g., a high or persistent fever, severe pain)
- have difficulty breathing
- experience shortness of breath after minor exertion or when talking
- feel pain or pressure in the chest area
- have a chronic respiratory illness
- (or your child) are unable to drink or hold down fluids
- notice you are starting to find it hard to stay awake (slipping into unconsciousness)
- notice the skin of your lips, toes or fingers turning blue
- notice one of your legs/lower legs swelling and/or becoming painful

or

- have one or more of the risk factors which increase the likelihood of becoming severely ill from a COVID-19 infection.

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## Overview of the key risk factors:

- Age >50
- Cancer
- Cardiovascular disease
- High blood pressure
- Vascular disease
- Smoker
- Trisomy 21
- Overweight with a body mass index (BMI) >30
- Chronic liver or kidney disease
- Stroke or heart attack (in recent years)
- Diabetes mellitus
- Respiratory disease
- Neurological and psychiatric disease (e.g., dementia)
- Immunosuppression (due to disease or medication)
- Pregnant (especially with additional risk factors)

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