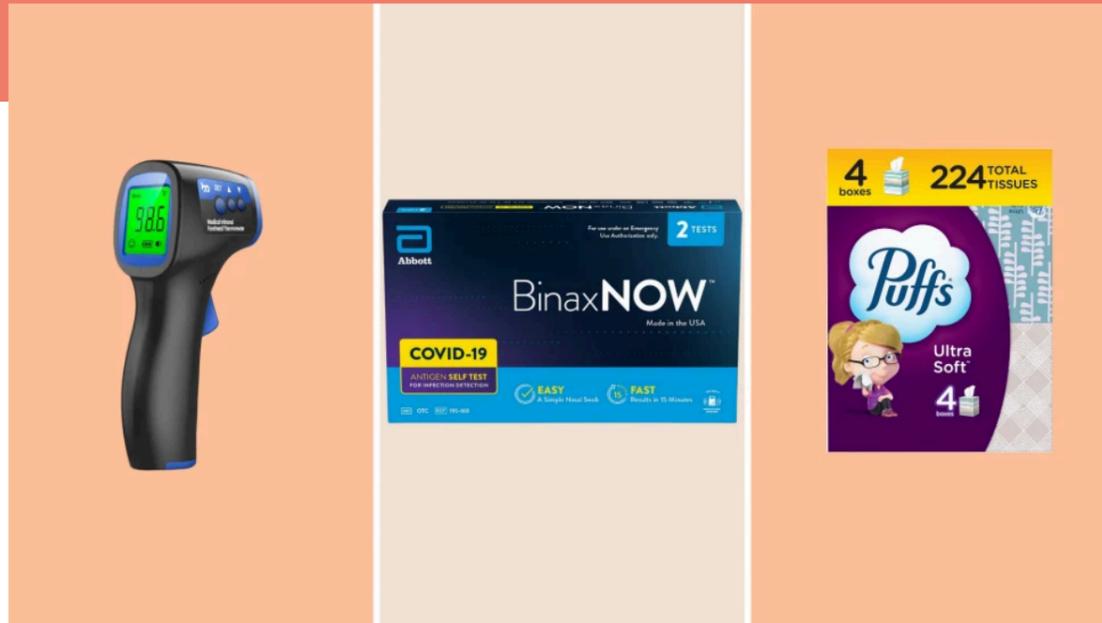


HEALTH & FITNESS

# COVID IS GOING AROUND—THESE PRODUCTS CAN HELP EASE YOUR SYMPTOMS

Keep these products on hand just in case.



Written by [Kaleb A. Brown](#), News Staff Writer who ties events you care about to products you need. Updated April 19, 2024

*Products are chosen independently by our editors. Purchases made through our links may earn us a commission.*

As we move away from the holiday season, many are finding their plans for a new year derailed because of the sickness in the air, and we mean that quite literally. **COVID-19** cases are on the rise across the nation.

A combination of factors has led to the **rise in cases**, according to Dr. Marci Lynn Drees, Chief Infection Prevention Officer and Hospital Epidemiologist at ChristianaCare, a Delaware-based health system. "A lot of people were around extended family [making for] lots more opportunities for the virus to spread. Viruses such as COVID-19 also tend to spread more easily in the wintertime."

Cases are likely to continue to climb as we move toward the **historical height of flu season in February**. If you're already coming down with COVID-19 or are looking to plan for the worst while hoping for the best, we've got you covered with products to alleviate symptoms that you'll want to have at home.

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## What are the symptoms of COVID-19?

The symptoms of COVID-19 are generally the same across variants. If your symptoms are concerning, reach out to your doctor to decide on the best plan of action for your recovery.

- Runny or stuffy nose
- Headache
- Fatigue
- Sneezing
- Sore throat
- Coughing
- Changes to sense of smell

## How to ease COVID-19 symptoms

One of the best ways to ease COVID-19 symptoms is to stay up to date with vaccinations. “Even if you have COVID before, getting the most updated booster is the best way to protect yourself against the virus that’s circulating right now,” says Dr. Drees. In addition to mitigating the risk of contracting COVID-19, staying up to date will lessen symptoms if you do end up getting sick.

If you’re willing to get a prescription and have permission from your doctor, Dr. Drees highlights two antiviral medications that are approved to treat those suffering from mild-to-moderate cases of COVID-19—PLAXOVID and Molnupiravir.

There are many other, non-medicinal ways to manage your symptoms, like getting plenty of rest and making sure you’re staying hydrated. Here are some products that will help you on your road to recovery.

### An electric kettle



Credit: Reviewed / Hamilton Beach

Hamilton Beach Electric Tea Kettle

Sore throat, chills, cough, and congestion are all symptoms of COVID-19 that can be alleviated by brewing a hot cup of herbal tea. To heat up your water quickly and conveniently, we recommend using one of our **favorite electric kettles** such as our value pick, the Hamilton Beach 1.7 Liter Electric Kettle. Besides its inexpensiveness, we love this kettle for its fast boiling and compact design.



#### Hamilton Beach Electric Tea Kettle

Fast boiling with 1500 watts.

**BUY NOW**  
at Amazon

## Tissues



Puffs Ultra Soft Facial Tissues

As runny noses and congestion are common symptoms of COVID-19, your recovery will be a lot easier (and cleaner) if you keep a box of tissues nearby. We found Puffs Ultra Soft to be the **best tissue overall** thanks to their durability and, of course, softness.

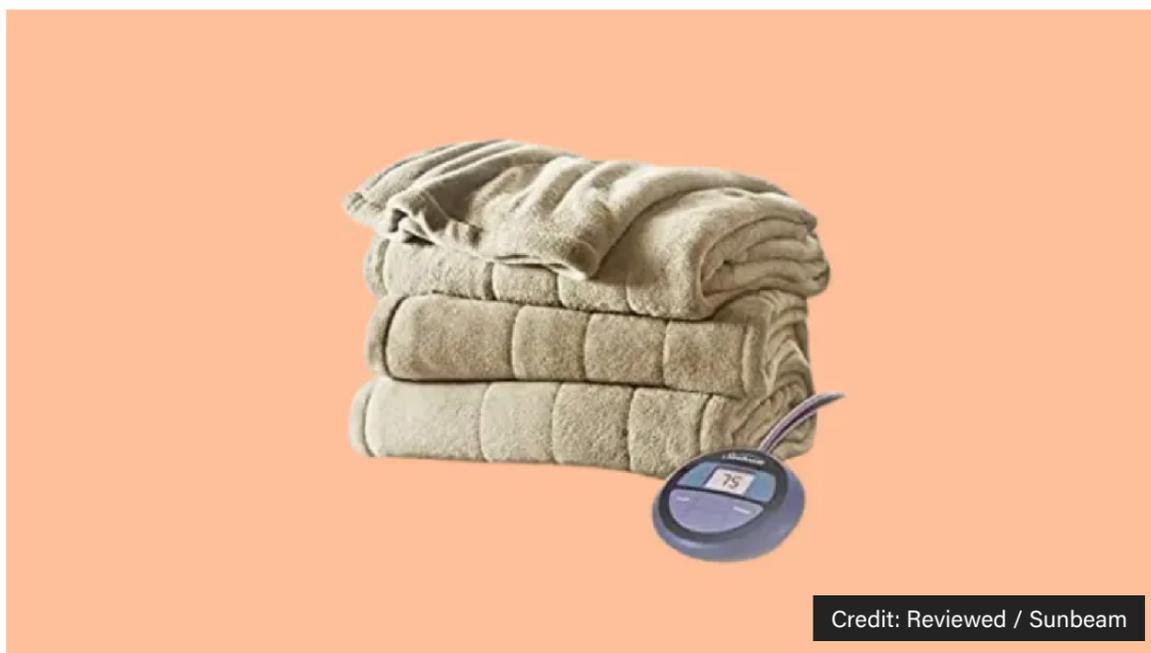


### Puffs Ultra Soft Facial Tissues

Soft, strong and fragrance-free tissues.

**BUY NOW**  
at Amazon

## A heated blanket



Sunbeam MicroPlush Heated Electric Warming Blanket

Many suffering from COVID-19 find themselves wracked with chills, a symptom not at all helped by the winter cold. One way to alleviate this is by snuggling up under a heated blanket. One of the **best heated blankets you can buy** is Sunbeam's Microplush Heated Blanket, with which you get a preheat button that makes turning the blanket on a cinch.



### Sunbeam Queen MicroPlush Heated Electric Warming Blanket

Made with extra-soft microplush to provide exceptional warmth and comfort.

**BUY NOW**  
at Amazon

## A weighted blanket



Gravity Blankets Weighted Blanket

Fatigue is one of the symptoms of COVID-19 and getting rest is one of the best ways to recover. Weighted blankets have been **proven** to decrease anxiety and aid sleep, so why not try one out while you're recovering from COVID? The **best weighted blanket we've tested** is the 15-lb Gravity Blanket thanks to its durability and even weight distribution.



### Gravity Blankets Weighted Blanket for Adults

Uses lightweight on the body to improve sleep quality.

**BUY NOW**  
at Amazon

## A heating pad



Microwavable Corn Filled Heating Pad and Cold Pack

Chills and fevers are both symptoms of COVID-19. One way to remedy both of these ailments is to use a pad that works as a cold press and a heated pad in one. The **best microwavable heating pad** that we've tested does the trick, being able to keep you toasty after microwaving it for a few minutes or able to bring cold relief when you leave it in the fridge overnight.

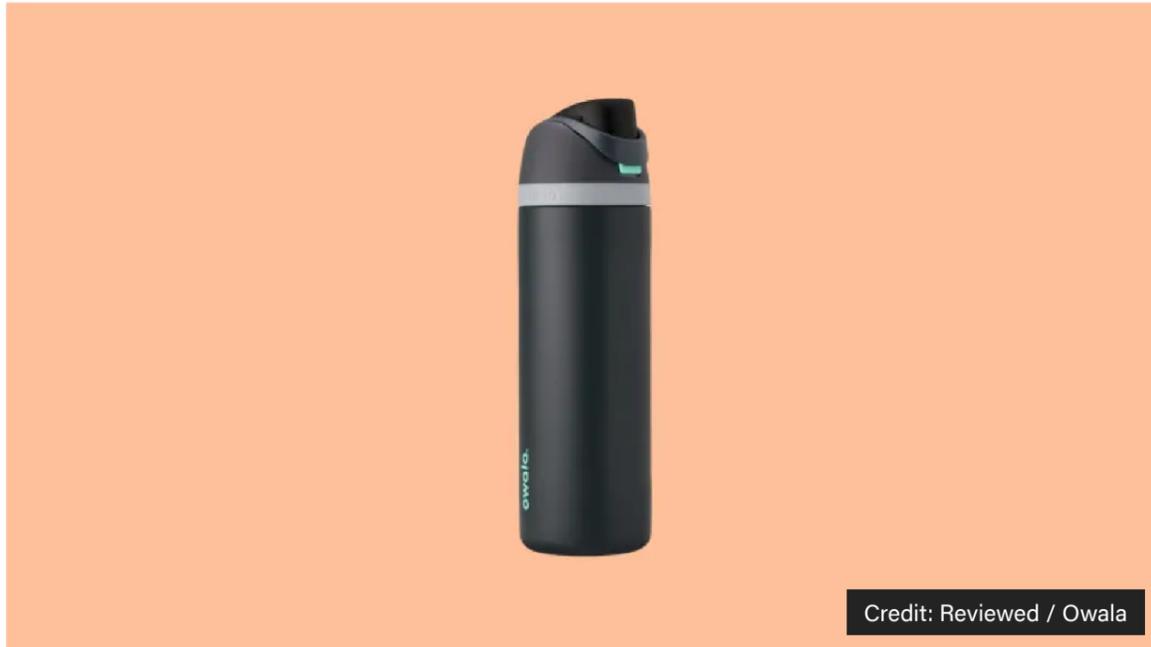


## Microwavable Corn Filled Heating Pad and Cold Pack

Handcrafted in the USA with triple-stitched seams for durability.

**BUY NOW**  
at Amazon

## A water bottle



Credit: Reviewed / Owala

Owala FreeSip Insulated Stainless Steel Water Bottle

Staying properly hydrated is crucial in helping your immune system fight off sickness. Plus, it will keep you from feeling even worse from symptoms. If you don't have one already, we recommend getting a water bottle like our favorite, the **Owala FreeSip Insulated Stainless Steel Water Bottle**. We love it because of its 24-hour insulation, leakproof lid, and multiple sipping options.

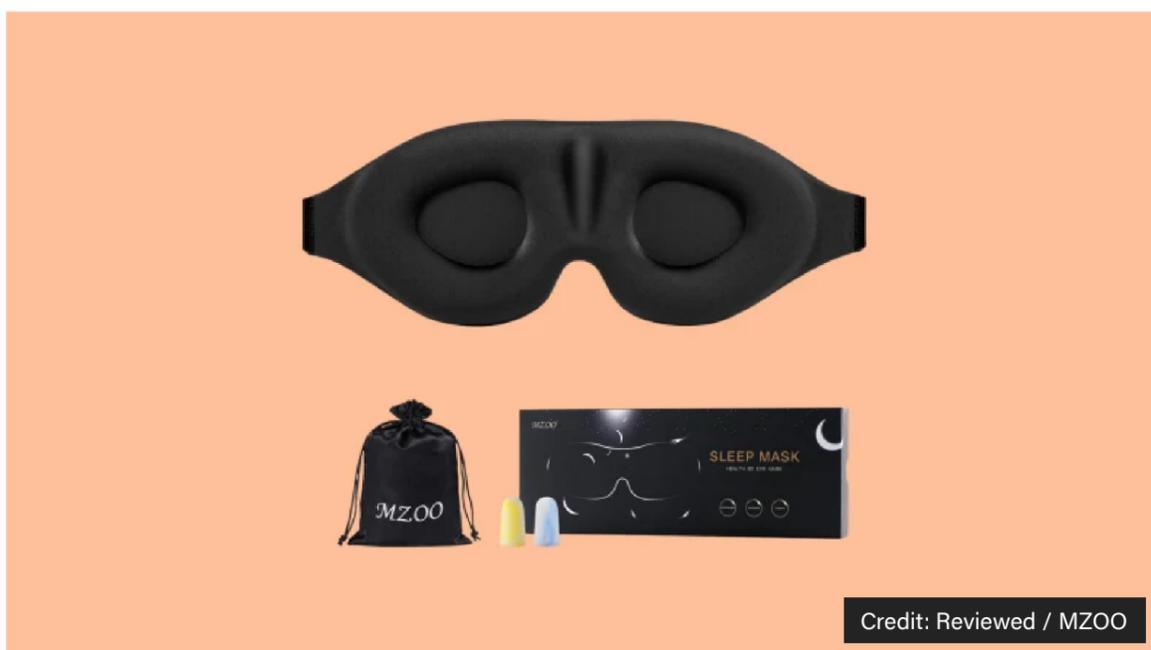


## Owala FreeSip Insulated Stainless Steel Water Bottle

Designed for either sipping upright through a built-in straw or tilting back to swig from the spout opening.

**BUY NOW**  
at Amazon

## A sleep mask



Credit: Reviewed / MZOO

MZOO Sleep Eye Mask

Fatigue doesn't wait until night to visit and because of this, we recommend using a sleep mask to block out light during naps. The **best we've tested** is the Mzoo Sleep Mask. It does a great job of blocking light and is adjustable to fit your face, meaning you'll be off to sleep in no time.



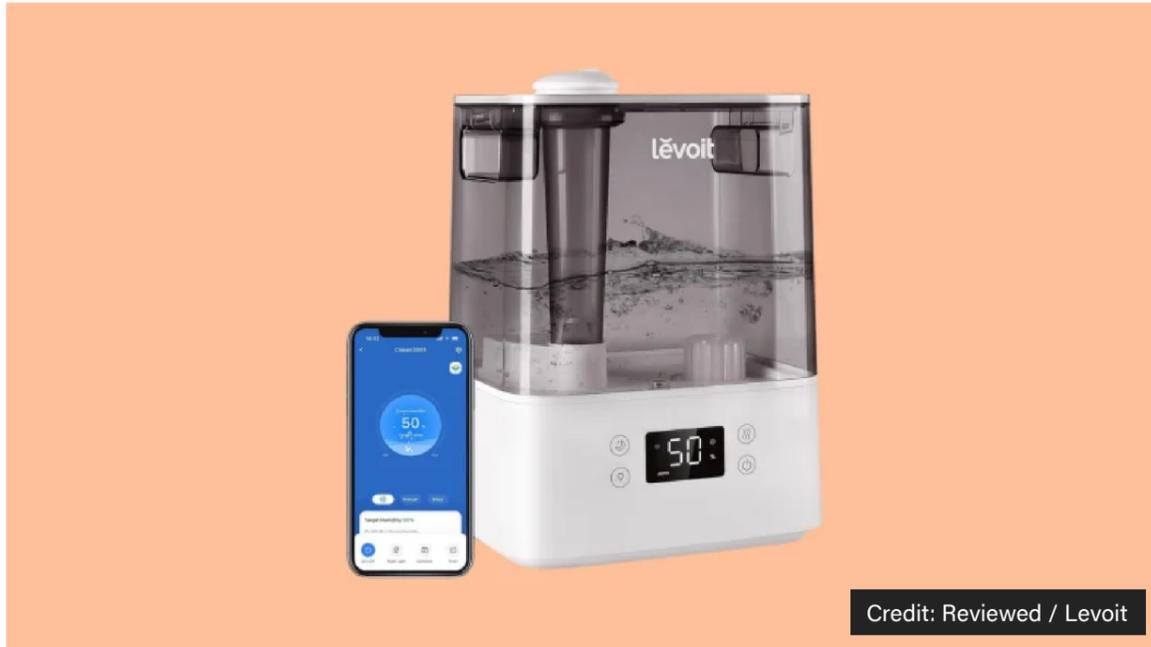
## MZOO Sleep Eye Mask

No pressure on eyes, eye space is wider and deeper than other flat eye mask.



**BUY NOW**  
at Amazon

## A humidifier



Credit: Reviewed / Levoit

LEVOIT Smart Humidifiers and Replacement Filter

Using a humidifier can alleviate congestion and coughs, meaning this appliance is a must-have when dealing with COVID-19. The best **humidifier** we've tested is Levoit Classic 300S thanks to its high liquid capacity, high output, and quietness.



## LEVOIT Smart Humidifiers and Replacement Filter

Captures minerals in the water in your humidifier & helps reduce white dust.

**BUY NOW**  
at Amazon

## An eye massager



Credit: Reviewed / Renpho

Renpho Eyeris 1 Eye Massager

A headache is one of the more annoying symptoms of COVID-19. Fortunately, the **Renpho eye massager** may bring relief. This face mask relieves migraines through its built-in massagers and heat pads. Plus, it can play relaxing music to help you drift off to sleep.

### RENPHO Eyeris 1 Eye Massager



Built-in heating pads provide a comfortable temperature between 104 and 107 degrees Fahrenheit.

**BUY NOW**  
at Amazon

## How to monitor your COVID-19 symptoms

If you're wanting to keep tabs on how far along your COVID-19 case is, you'll want to have a couple tools on hand to help you monitor the situation.

### A thermometer



Credit: Reviewed / Femometer

Infrared Baby Thermometer

A more common symptom of COVID-19 is running a fever. By keeping a thermometer on hand, you'll be able to see how your sickness is progressing, whether you're getting better or becoming sicker. The **best thermometer** you can buy is that by Femometer thanks to its silent mode, high temperature warning, and quick results.



### Infrared Baby Thermometer

Features infrared technology that silently takes a temperature in 1 second.

**BUY NOW**  
at Amazon

## A pulse oximeter



Credit: Reviewed / Zacurate

Zacurate Pro Series 500DL Fingertip Pulse Oximeter

A pulse oximeter can be another way to check in on your COVID-19 symptoms, as it can detect lower blood oxygen levels due to reduced lung capacity, which is associated with COVID-19.

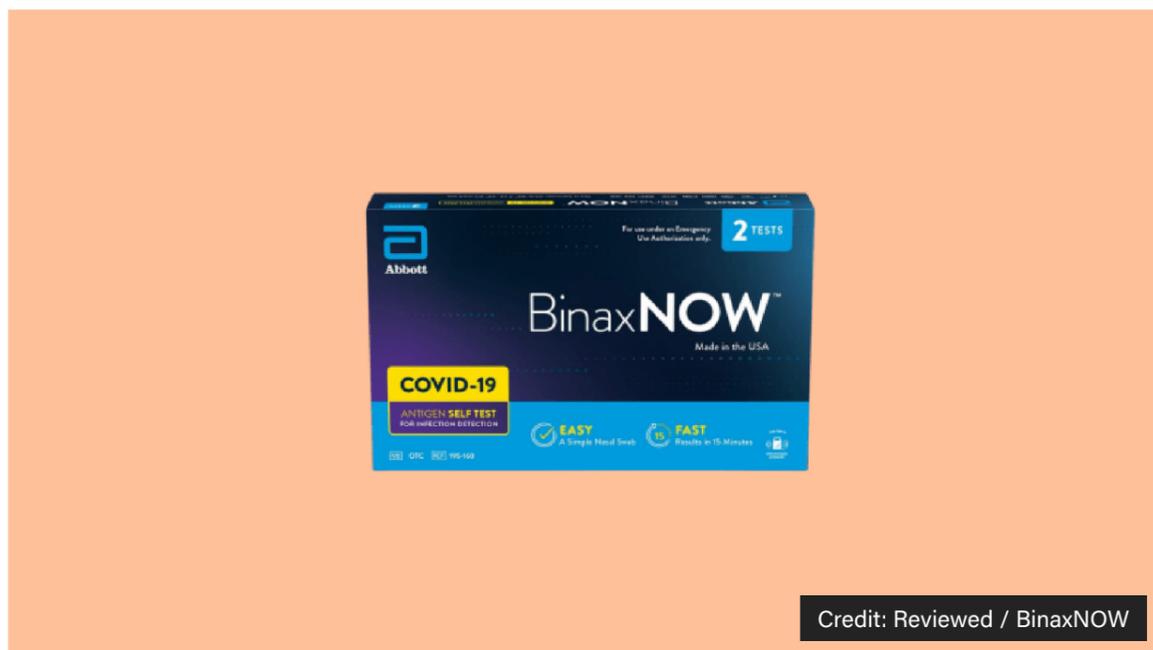


### Zacurate Pro Series 500DL Fingertip Pulse Oximeter

Accurately determines your SpO2 (blood oxygen saturation levels), pulse rate and pulse strength in 10 seconds.

**BUY NOW**  
at Amazon

## An at-home COVID-19 test kit



Credit: Reviewed / BinaxNOW

BinaxNOW COVID-19 Antigen Self Test

One of the best ways to determine if you have COVID-19 (or if you still have COVID-19 and should keep your distance from people) is by taking a test. There are several brands of at-home test kits that you can purchase, such as BinaxNOW, which can give you results in as little as 15 minutes.



### BinaxNOW COVID-19 Antigen Self Test

Made with the same reliable technology used by doctors.

**BUY NOW**  
at Amazon

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