

REMAIN CALM, RELY ON THE FACTS AND BE PREPARED

WHAT TO DO IF YOU ARE SICK?



CALL YOUR DOCTOR

If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.



CALL AHEAD

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.



TELEMEDICINE

Contact your insurance company and if possible request to utilize Telemedicine which allows you to chat with a doctor from home using a computer or smartphone.



STAY HOME EXCEPT FOR MEDICAL CARE

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.



EMERGENCY

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19, traveled recently, have a fever, cough or difficulty breathing. Provide as much information about your symptoms. If possible, put on a facemask before emergency services arrive.