

CORONAVIRUS SYMPTOMS AND NEXT STEPS

#STOP THE SPREAD

SYMPTOMS OF COVID -19

Cough, shortness of breath or at least two of the following:

- fever
- chills
- repeated shaking with chills
- muscle pain
- headache
- sore throat
- loss of taste or smell

STAY HOME EXCEPT TO GET MEDICAL CARE

- Stay home. *Most people with COVID-19 have mild illness and can recover at home without medical care.*
- Do not leave your home. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated.
- Stay in touch with your doctor. Call before you get medical care.
- Avoid public transportation, ridesharing or taxis.

EMERGENCY WARNING SIGNS

If you develop emergency warning signs for COVID-19 get medical attention immediately. These include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion or inability to arouse
- Bluish lips or face

Call 911 if you have a medical emergency. Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.