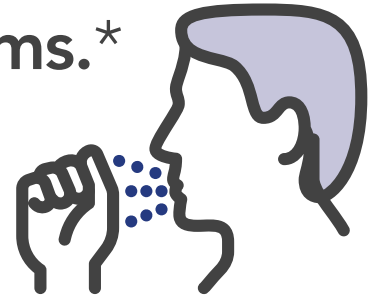


I have respiratory illness symptoms.* What should I do?

*fever, cough or shortness of breath



If your symptoms are **mild**:

- **Stay home except to get medical care**
If you are experiencing mild respiratory illness symptoms, you can and should isolate at home during illness. Restrict outside activities, avoid public areas (work, school, etc.) and refrain from using public transportation.
- **Treat symptoms as appropriate**
Treat symptoms with rest, plenty of fluids and over-the-counter medications, as appropriate.
- **Separate yourself from other people and animals in your home**
Separate yourself as much as possible, staying in a separate room and using a separate bathroom, if available. Restrict your contact with pets and other animals.
- **Monitor your symptoms**
Be alert to any changing symptoms and seek prompt medical attention if your symptoms are getting worse (e.g. difficulty breathing)
- **Call ahead before visiting a healthcare provider**
Before visiting a healthcare provider, call ahead before you arrive to tell them that you are experiencing symptoms related to COVID-19. This will allow your provider's office staff to properly prepare for your visit and take the necessary precautions to keep others from being infected or exposed.



If your symptoms are **getting worse**, call your primary care doctor:

- **Seek prompt medical attention**
Before visiting a healthcare provider, call ahead before you arrive to tell them that you are experiencing symptoms related to COVID-19. This will allow your provider's staff to properly prepare for your visit and take the necessary precautions to keep others from being infected or exposed.

If you are having a medical emergency, please call 911 and notify the dispatch agent that your emergency is related to possible COVID-19-related symptoms.