

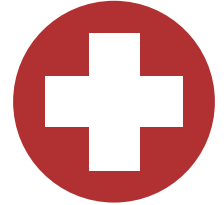
## Recognize COVID-19 symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



## Emergency warning signs for COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Difficulty waking or staying awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone



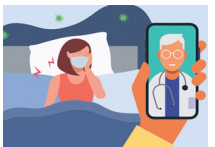
**This list is not a full list of all possible symptoms.**

Call your healthcare provider if I have any other symptoms that are severe or concerning to me.



**If I have symptoms** Date my symptoms started: \_\_\_\_\_

1. Get tested right away (within 24 hours or as soon as possible).
2. Call my healthcare provider right away and see if I am eligible for treatment.



**If I test positive**

1. Call my healthcare provider and see if I am eligible for treatment.
2. Isolate at home for at least 5 days.
3. Tell people I had recent contact with that they may have been exposed.
4. Wear a high-quality mask for 10 full days anytime I am around others inside my home or in public.
5. Monitor my symptoms.



**If I am exposed to COVID-19** Date of exposure: \_\_\_\_\_

1. Get tested at least 5 days after I was exposed.
2. Watch for symptoms for 10 days.
3. Wear a high-quality mask for 10 full days any time I am around others inside my home or in public.



**Things to consider if I get sick**

- Transportation
- Room to isolate
- Help at home
- Childcare
- Pet care
- Food
- Cleaning supplies
- Hand sanitizer
- Fill all prescriptions
- Masks
- Over the counter medications