IF YOU HAVE ANY QUESTIONS OR CONCERNS, CONTACT YOUR HEALTH CARE PROVIDER

CORONAVIRUS (COVID-19) SYMPTOMS
Per the CDC, reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus (COVID-19) cases.

These symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses).

COVID-19 symptoms* include one or more of the following:
- Fever
- Cough
- Sore throat
- Headaches and/or body aches
- Difficulty breathing or shortness of breath
- Fatigue
- Runny or stuffy nose

IF YOU DEVELOP EMERGENCY WARNING SIGNS FOR COVID-19, GET MEDICAL ATTENTION IMMEDIATELY.
EMERGENCY WARNING SIGNS INCLUDE*:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

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

DO I NEED TO SEE A DOCTOR FOR POSSIBLE COVID-19?

CALL 911 OR GO TO THE EMERGENCY ROOM IMMEDIATELY

Do you have a life-threatening or urgent health condition?

YES

Do you have COVID-19 symptoms*?

NO

If you have any questions, call your provider’s office.

YES

Are you over the age of 60, have chronic health conditions, moderate or increasing symptoms, or other high risk?

NO

Call your providers office to find out if you need to make an appointment.

YES

If young and healthy with mild symptoms (similar to a common cold), it’s recommended to stay home and follow home care advice.

As of 3.30.2020 (v.1)
SELF-CARE IF YOU ARE SICK

- Stay home if you are sick. Do not leave your home, except to get medical care. Do not visit public areas.
- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- Get rest and stay hydrated.
- For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
- Cover your cough and sneezes.
- Wash your hands often with soap and water for at least 20 seconds.
- As much as possible, stay in a specific room and away from other people in your home.
- Clean all surfaces that are touched often.

WHO SHOULD BE TESTED
Not everyone needs to be tested for COVID-19. Here is some information that might help in making decisions about seeking care or testing.

- Most people have mild illness and are able to recover at home.
- There is no treatment specifically approved for this virus.
- Testing results may be helpful to inform decision-making about who you come in contact with.

Decisions about testing are at the discretion of state and local health departments and/or individual clinicians.

TESTING OPTIONS
Subject to change and based on availability

OPTION 1: Contact your health care provider.

OPTION 2 (for the week of March 30):
Snohomish County Health District drive-thru testing is available by appointment only. Visit their website at snohd.org/drive-thru-testing.

To be eligible for an appointment with Snohomish County Health District, you must be:
- Experiencing symptoms (cough, fever of at least 100.4°F, sore throat and/or shortness of breath)

AND
- Working in healthcare, public safety, or critical infrastructure like grocery stores, restaurants, shelters, gas stations, public utilities, child care, or correctional facilities OR
- 60 years of age or older OR
- Someone with underlying medical conditions or a weakened immune system OR
- Currently pregnant

SIGN UP FOR AN APPOINTMENT
Go to redcap.link/Snohomish-COVID-Testing. You will be prompted to answer a series of questions. Answer them honestly. If you meet criteria for testing, you will be provided with a testing identifier number. Then you will be directed to a page where you can sign up for a time slot using that identification number.

CLINIC RESOURCES
Providence Hospital: coronavirus.providence.org
Everett Clinic urgent care: everettclinic.com/urgentcare
MultiCare free e-visits: multicare.org/virtualcare
Skagit Regional Health free e-clinic: skagitregionalhealth.org/myeclinic