Feeling sick?

Facts about novel coronavirus disease (COVID-19)

What should I do if I get sick?

Stay home and avoid contact with other people unless you need medical care.

To protect others:

- Cover your coughs and sneezes
- Wash your hands often
- Clean and disinfect frequently touched objects and surfaces

When should I seek medical care?

Consult a healthcare provider if you have severe or worsening symptoms, or are in a high risk group. Ask your provider to give you a facemask on arrival.

## Do I need to go to the emergency room?

Emergency warning signs for adults:

- Difficulty breathing or shortness of breath
- Pain in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or constant vomiting

Common signs and symptoms of COVID-19:

- Fever
- Cough
- Difficulty breathing

People at high risk for severe COVID-19:

- Adults aged 60 and older
- Anyone with chronic medical conditions like diabetes or heart, lung, or kidney disease
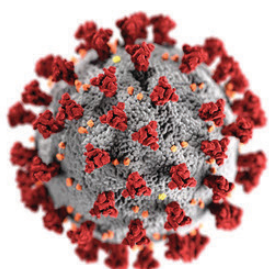
Most people with COVID-19 have mild to moderate illness.

IDAHO DEPARTMENT OF
HEALTH & WELFARE

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