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.
• 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 chest or abdomen
• Severe or constant vomiting
• Sudden dizziness
• Confusion

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.

www.coronavirus.idaho.gov