

# WHAT TO DO IF YOU FEEL SICK BUT CANNOT GET A COVID TEST

## DO I NEED A TEST?

- TESTING IN THE US IS STILL INCREASING
- RIGHT NOW, THE TESTS WE HAVE ARE BEING USED FOR SICK PEOPLE IN THE HOSPITAL

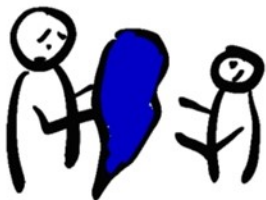


## MONITOR YOUR SYMPTOMS

- ✓ TEMPERATURE
- ✓ COUGH
- ✓ SHORTNESS OF BREATH
- ✓ TELL YOUR DOCTOR IF THEY GET WORSE

## ISOLATE IN YOUR HOUSE FOR AT LEAST 14 DAYS

- ✓ STAY IN YOUR OWN ROOM
- ✓ WASH YOUR HANDS OFTEN
- ✓ COVER YOUR COUGHS AND SNEEZES
- ✓ CLEAN SURFACES AND OBJECTS DAILY
- ✓ DON'T SHARE BLANKETS, DISHES, OR OTHER PERSONAL ITEMS



20 SECONDS



## IF YOU HAVE NO SYMPTOMS NOW

- ✓ YOU WILL NOT BE TESTED
- ✓ STAY AT HOME AND ISOLATE

## IF YOU HAVE MILD OR MODERATE SYMPTOMS NOW

- ✓ YOU WILL NOT BE TESTED
- ✓ STAY AT HOME AND ISOLATE

## CALL 911 IF

- ✓ CHEST PAIN
- ✓ SHORTNESS OF BREATH
- ✓ TELL THE DISPATCHER YOU MAY HAVE COVID

## WAIT TO COME OUT OF ISOLATION FOR AT LEAST 14 DAYS...

- ✓ EVEN IF YOU HAVE A COVID TEST AND IT WAS NEGATIVE
- ✓ EVEN IF YOU DO NOT HAVE SYMPTOMS
- ✓ IF YOU **DO HAVE** SYMPTOMS, WAIT 14 DAYS **AND** UNTIL ALL YOUR SYMPTOMS ARE GONE FOR 3 DAYS **AND** YOU ARE NOT TAKING ANY FEVER REDUCING MEDICINES LIKE TYLENOL

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