



# Care Instructions

## for COVID-19 Symptoms

### Evaluation

Today, 9-1-1 was called and you were seen by emergency medical services (EMS). While you do have symptoms of a respiratory illness, your blood pressure, heart rate, and other vital signs appear appropriate for someone who can recover in place.

Our evaluation should not take the place of being seen by your medical provider. If you have a medical provider, please contact them for advice. If you don't have one, we have options on the back.

### Care and Recovery



Most people who have COVID-19, or symptoms of it, are able to take care of themselves and get better on their own.

Common symptoms are cough, low energy, fever (100.4°F, 38°C), chills, muscle pain, headaches, shortness of breath, loss of taste or smell, sore throat, runny nose, nausea, vomiting, or diarrhea.

### Emergency Warning Signs

**If you develop these warning signs, call 911 or go to the closest emergency department immediately!**

- **Any change** in difficulty breathing, shortness of breath at rest, or when walking a short distance.
- Continuing pain or pressure in chest or belly.
- Confusion that is new or inability to wake up fully.
- Bluish lips or face.

### Rest and Monitor



**Stay home, rest, and drink plenty of fluids.**

Fluids will keep you hydrated. Stay away from others. Only leave to get medical care. You can leave home when:

- ☒ you have had no fever for 3 full days (without over the counter medicines) AND
- ☒ other symptoms have improved (e.g. cough, aches) AND
- ☒ it has been at least 7 days since your symptoms first appeared.



**Monitor your symptoms carefully.** If you get worse, call your medical provider for advice. Use the COVID-19 symptom checker.



**Call ahead.** If you have a medical appointment or need urgent care, call ahead. Wear a face covering in public.

**Oregon COVID-19  
Symptom Checker**  
[www.c19oregon.com](http://www.c19oregon.com)



## Protect Others



**Avoid close contact with others.** If possible, stay in a specific area, away from others, and use a separate bathroom. Limit contact with pets. If you must be around others, wear a face covering.



**Cover your coughs and sneezes.** Throw used tissues away.



**Wash hands often.** Use soap and water for at least 20 seconds or alcohol-based hand sanitizer (at least 60% alcohol). Wash dishes, cups, and bedding often.



**Avoid sharing** dishes, drinking cups, eating utensils, towels, bedding, or other things.



**Clean surfaces often**, like phones, tabletops, and doorknobs. Use cleaning products that kill germs and bacteria.

## Health Advice and Care Resources



**First, call your doctor or health system. If you don't have one, these resources may help.**

**OHSU Connect Care Center:** 833-OHSU-CCC (833-647-8222)

Health provider advice from 8am -8pm all days

### Local Immediate or Urgent Care Clinics

These clinics offer phone, video, and some in-person visits.

Locations, insurance accepted, and costs vary.

|                                     |              |
|-------------------------------------|--------------|
| Kaiser Advice and Clinics .....     | 503-813-2000 |
| Legacy GoHealth Clinics.....        | 503-667-1808 |
| Multnomah Co. Primary Care.....     | 503-988-5558 |
| OHSU Immediate Care .....           | 503-494-1700 |
| Providence Express.....             | 888-227-3312 |
| Virginia Garcia Health Centers..... | 503-214-1668 |
| ZOOM+Care .....                     | 503-684-8252 |

### Other COVID-19 Resources/Websites

Oregon Health Authority: [govstatus.egov.com/OR-OHA-COVID-19](https://govstatus.egov.com/OR-OHA-COVID-19)

Multnomah County: [multco.us/novel-coronavirus-covid-19](https://multco.us/novel-coronavirus-covid-19)

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## Resources Available Any Time of Day

### Helplines and Support

|   |                         |
|---|-------------------------|
| Aging and Disability Resource Connect ..... | 855-ORE-ADRC (673-2372) |
| Alcohol & Drug Helpline .....               | 888-923-4357            |
| Clackamas County Crisis Line.....           | 503-655-8585            |
| Military Helpline .....                     | 888-457-4838            |
| Multnomah Mental Health Call Center .....   | 503-988-4888            |
| National Suicide Prevention Lifeline .....  | 800-273-TALK (8255)     |
| Senior Loneliness Line .....                | 503-200-1633            |
| Youthline .....                             | 877-968-8491            |
| Washington County Crisis Line .....         | 503-291-9111            |

### Call 211

**Help with Food,  
Shelter, and  
Other Needs**

866-698-6155  
(toll free)

**text**

zip code  
to 898211

or

**visit**

[www.211info.org](https://www.211info.org)