



## Coronavirus Disease 2019

# COVID-19

### I have symptoms of COVID-19. What should I do?

If you have a fever, cough, or shortness of breath, but have not been around anyone you know has COVID-19, follow these steps to help prevent your illness from spreading to people in your home and community.

#### Symptoms

The most common symptoms of COVID-19 are fever, cough, and shortness of breath.

#### Should I go to my doctor and get tested for COVID-19?

- Please visit the Colorado state health department website for information about priority groups for testing <https://www.colorado.gov/cdphe/covid-19-testing>
- If you have a condition that may increase your risk for a serious viral infection, call your health care provider's office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19 and other respiratory infections like influenza. Higher risk groups include:
  - Older people (over age 60), especially those over 80 years.
  - People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
  - Older people with chronic medical conditions are at greatest risk.
- If you do not have a high-risk condition and your symptoms are mild, you may not need to be evaluated in person or tested for COVID-19. Call your health care provider or a nurse line for guidance on the need for testing. There are currently no medications to treat COVID-19.

## WHAT TO DO TO KEEP YOUR SICKNESS FROM SPREADING TO OTHERS

#### Stay home, except to get medical care.

- If you have a medical appointment, call ahead and tell them what your symptoms are. Otherwise:
  - Restrict activities outside your home.
  - Do not go to work, school, or public areas.
  - Avoid using public transportation, ride-sharing, or taxis.

#### Practice actions that protect others

- Clean your hands often
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

