

# When to call for help

when you've been diagnosed with or exposed to COVID-19



Call 911 anytime you think you may need emergency care. For example, call if:

- You have severe trouble breathing.
- You have constant chest pain or pressure.
- You are extremely **confused** or not thinking clearly.
- Your face and lips have a **blue color**.

If you have a high risk of having been exposed to this virus or you have tested positive but don't have symptoms, call your doctor **now** if you develop symptoms such as:

- **Shortness of breath.**
- **Fever.**
- **Cough.**

## If symptoms get worse...

If you have been diagnosed with coronavirus disease and already have a cough, fever, or shortness of breath, call your doctor **now** if your symptoms get worse or you don't get better as expected.

## Call first

Whether you have symptoms or not, call ahead to the doctor's office **before you go**. To prevent exposing other people to the virus, make sure you wear a face mask, if you have one.



**My telehealth line:**

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**My doctor:**  
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