

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 colour.**

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 cloth face cover.



My nurse call line:

My doctor: