WHAT SHOULD YOU DO IF YOU THINK YOU MIGHT HAVE COVID-19?
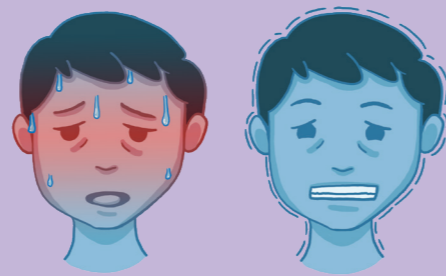
CALL 911 IF YOU HAVE...

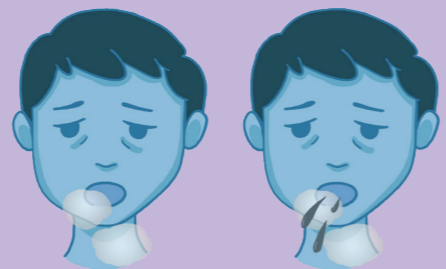### TROUBLE BREATHING OR TALKING WHILE RESTING

Call 911 on the phone AND ask somebody for help as fast as you can.

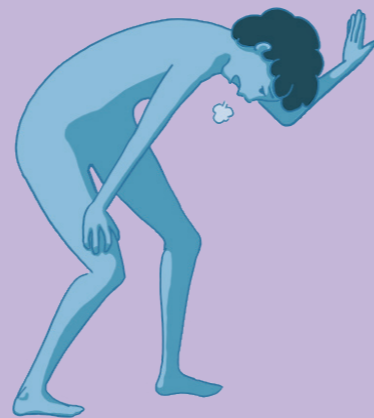## TAKE YOUR TEMPERATURE AND ASK FOR HELP IF YOU FEEL...

FEVERISH
- hot
- sweaty
- cold
- shivering

COUGH
- coughing up nothing
- coughing up mucus

TROUBLE BREATHING
- breathing fast or heavy
- not enough air in lungs
- hard time finishing sentences
- hard to take big breaths
- tight or pain in your chest when you breathe
- like you just ran around even if you're resting

You might have COVID-19.

Check your temperature using a thermometer.

If your temperature is more than 100 degrees F, tell someone you trust right away.

TALK TO SOMEONE IF YOU FEEL...

SORE THROAT

RUNNY NOSE

STOMACHACHE/ DIARRHEA

LESS HUNGRY

TIRED

MUSCLE PAIN

You might have COVID-19, but you shouldn't worry.

Stay home to protect yourself and other people.