

## Know When to Go

The novel coronavirus, COVID-19, is here right in the middle of flu season. To make sure you receive timely and appropriate care, it's important to know when to go to the emergency department.

*The Centers for Disease Control and Prevention (CDC) is allowing anyone to get tested for COVID-19 with a physician's referral. However, it will take time for the health care system to ramp up its testing capabilities and locations. Tests should be reserved for those who meet the criteria for COVID-19 risk.*

Visit [www.emergencyphysicians.org/COVID19](http://www.emergencyphysicians.org/COVID19) for more patient information.

### *What should you do if you think you are sick with COVID-19?*

#### 1. Consider your symptoms.

Call your doctor if you've been in contact with someone who already has COVID-19 or has traveled to an affected region and with 14 days you develop the following symptoms

- Fever
- Coughing
- Shortness of breath

Emergency departments do not have a cure for COVID-19. If you are experiencing fever that responds to acetaminophen (Tylenol) or ibuprofen and a cough, and you are young and otherwise healthy, treat yourself as you would for a bad cold or flu. If you have shortness of breath that is new for you, call your doctor.

2. If your symptoms are mild, contact your **primary care physician** to discuss your best options for care. While you do not need to call ahead for the emergency department, it is important to **know when to go**.

#### 3. Call 911 or visit your closest emergency department if:

- You're experiencing a medical emergency,
- You're sick enough that you need to go to the hospital, especially if you recently started experiencing shortness of breath, or
- You're sick and you are a high-risk individual, such as an older patient or a person with an already weakened immune system.