



# COVID-19 Who Should I Call?

**I want to know more about COVID-19;  
who should I call?**



Visit [www.vrha.org](http://www.vrha.org) for a variety of COVID-19 resources.

**I am not feeling well and have respiratory symptoms;  
what should I do?**



\* Stay home for at least seven days after you first became ill, or 72 hours after your fever has resolved and symptoms are improving, whichever is longer.

**You should consult with your doctor if you have:**

- \* Fever, cough, trouble breathing, or other flu-like symptoms that are not better or are worsening after 24-48 hours.
- Mild symptoms and are pregnant, have a weakened immune system, have chronic health conditions or are an older adult (60+).

**Don't call the Health Department about getting testing**

- \* Your health care provider will determine if you should be tested and, if necessary, will contact the health department.
- \* Health departments do not collect specimens for COVID-19.

**I am not feeling well and have respiratory symptoms;  
who should I call?**

- \* If you need immediate medical attention, and you think you may have COVID-19, call ahead to your health care provider before going in for care. This will allow them to take the right steps to protect themselves and other patients.
- \* If you think you are having a medical emergency, call 911; if you have been exposed to COVID-19, notify dispatch personnel so emergency medical services are prepared.

