

What to do if you think you have COVID-19

If you are feeling sick or have been exposed to COVID-19, it is important that you **go get tested right away** for peace of mind and to protect others. COVID Symptoms can take up to 14 days to appear and can include:

- Cold symptoms
- Sore throat, cough
- Vomiting and diarrhea
- Fever greater than 100.3°
- Body aches
- Loss of taste or smell
- Difficulty breathing
- Unexplained tiredness
- Congestion, runny nose

If you have any combination of these symptoms...

- **Isolate:** Stay away from others, even those in your house. Limit going out.
- **Wear a mask to protect others.**
- Ask your primary care provider if they offer Telehealth visits.
- Call Denver Health's Nurse line 303-739-1211 if you don't have a health provider.
- Go get tested - it's free. Use the link below to find free testing near you.
- Continue to stay away from others and wear a mask until you get a negative test and feel better!

Getting tested for COVID-19

When in doubt, get tested! It's free and convenient. To find a free testing site near you, use this link: <https://www.denvergov.org/content/denvergov/en/covid-19/recovery-guidance/testing.html>

To see what it's like to get tested, watch this video. It's not as scary as you think: denverpublichealth.org/GetTestedForCOVID

Don't drop your guard with COVID-19. We are still in the thick of it. You have to protect yourself - Ana and Flor, Disease Intervention Specialists

Protect
Advocate
Prosper

PROTECT
your family

This information is current as of October 2020. Denver Public Health strives to keep you updated as we continue to learn more about COVID-19. The most up-to-date information is on our website: denverpublichealth.org/COVID19Resources

