



# Information Handout for Patients Not Transported by Emergency Medical Services

## If your symptoms worsen:

- **Contact your health care provider.**
- **If it is an emergency, call 911.**
- **Upon first contact with any health care provider (physician, ambulance, emergency room, clinic) inform them immediately that you have a cough/fever so that they can treat you promptly and appropriately.**
- Consider taking over-the-counter medications that you normally use for cough/fever. If under age 15 do not take aspirin or aspirin containing products.
- Continue to take your regular medications unless your health care provider advises you otherwise.
- Stay at home until you have no fever for 24 hours without the use of fever-reducing medication.
- Avoid close contact with others.
- Cover your mouth when sneezing, blowing your nose or coughing.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Wash hands frequently and always after coughing/sneezing, etc. Use soap and water or alcohol-based hand sanitizer.
- Do not share glasses, cups, utensils, toothbrushes.
- Clean hard surfaces (especially in commonly used areas: bedroom, kitchen, bathroom) with standard household disinfectants.
- Contact your health care provider if you have any further questions or if your condition worsens.

## **NYS COVID-19 Hotline**

**Call 1-888-364-3065 for Information about COVID-19**

**Local Health Department COVID-19 Hotline:**