FIGHTING BACK AGAINST COVID-19

Step 1: Recognize symptoms
Most common: fever, cough, shortness of breath

Step 2: Get screened and tested
Option 1: Call primary care provider
Option 2: Call 210-207-5779 to be screened
Option 3: Go to https://covid19test.quacito.com/ to self-screen online

Step 3: Stay home
1. Separate from other people and pets in the home
2. Stay in a specific room in the house
3. Don’t leave the house except to seek medical care

Step 4: Monitor
Seek immediate medical attention if you have:
1. Trouble breathing
2. Persistent pain or pressure in the chest
3. Confusion or unable to be woken up from sleep
4. Bluish lips or face

Step 5: Getting better
May return from isolation when:
7 days have passed since symptoms started/appeared AND
3 days have passed without fever and symptoms improved

For additional information call 210-207-5779
Source: Centers for Disease Control and Prevention
**Fighting Back Against COVID19**

**Step 1: Recognize symptoms**
Most common: fever, cough, shortness of breath

**Step 2: Get screened and tested**
Option 1: Call primary care provider
Option 2: Call 210-207-5779 to be screened
Option 3: Go to https://covid19test.quacito.com/ to self-screen online

**If you test positive**

**Step 3: Stay home**
1. Separate from other people and pets in the home
2. Stay in a specific room in the house
3. Don't leave the house except to seek medical care

**Step 4: Monitor**
Seek immediate medical attention if you have:
1. Trouble breathing
2. Persistent pain or pressure in the chest
3. Confusion or unable to be woken up from sleep
4. Bluish lips or face

**Step 5: Getting better**
May return from isolation when:
7 days have passed since symptoms started/appeared AND
3 days have passed without fever and symptoms improved

For additional information call 210-207-5779
Source: Centers for Disease Control and Prevention