When to Seek Medical Care for COVID-19

What symptoms should I watch for?

Everyone who has COVID-19 experiences many similar symptoms. Some people do not get any symptoms and some develop severe symptoms. The most common symptoms of COVID-19 are: fever, cough, and shortness of breath.

What should I do if I have mild symptoms?

Most people who become infected with COVID-19 have mild illness and can get better at home. Call your doctor or the Minnesota Department of Health to get advice.

If you are sick:

- Stay home
- Get plenty of rest and stay hydrated
- Separate yourself from other people in your home
- Monitor your symptoms and stay in touch with your doctor
- Wear a cloth covering over your nose and mouth
- Clean your hands often

Severe Symptoms

Get medical attention IMMEDIATELY if you develop these severe symptoms:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Please consult your doctor for any other symptoms that are severe or concerning.

How do I get tested for COVID-19?

If you have COVID-19 symptoms, call your doctor first to determine if you need to go in for testing.

Most testing is currently being prioritized for people who are hospitalized, health care workers, and people living or working in assisted living facilities.

Before going to the clinic or hospital, call to let them know you think you have COVID-19.

What if I am undocumented or do not have medical insurance?

You can get medical care even if you’re undocumented. Clinics and hospitals that help immigrants and low-income Americans are not required to report the legal status of their patients. Find low-cost health care at:

- Bridge to Benefits: MN Low-cost Health Care directory
  - Find a clinic near you by entering your county of residence
- Minnesota Association of Community Health Centers
  - Enter your location to find a local community health center

Sources:

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