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.

Anyone experiencing COVID-like symptoms or has potentially been exposed to COVID-19 can get tested.

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:

Updated August 6, 2020