

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:

MDH - <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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