

# COVID-19: WHAT YOU NEED TO KNOW

## WHAT ARE THE SYMPTOMS OF COVID-19?

- The symptoms may include fever, cough, sore throat, shortness of breath, new loss of appetite or smell, muscle pains, and chills.
- The virus spreads easily in little drops of saliva when we talk, cough, sneeze, or breathe. It takes 2-14 days for symptoms to show. You can spread the virus even before you start showing symptoms.
- Wash your hands with soap & water for 20 seconds or use hand sanitizer, cover your cough, stay at home, and wear a mask when you go out.



## WHAT SHOULD I DO IF I THINK I HAVE COVID-19?

- **First, call us at (773) 751-7800** to speak to a provider. Most cases can be safely managed at home.
- Most COVID-19 appointments will be scheduled over the phone or video; this is known as TeleHealth.
- **Stay at home and remain away from others:** at least 6 feet away and wearing a mask until you speak to your provider for more instructions.



## CAN I GET TESTED FOR COVID-19?

- **Call us at (773) 751-7800;** our staff will ask you questions about your symptoms.
- If we recommend you to get tested we'll give you an appointment and instructions to come in.
- Testing is available for people with COVID-19 symptoms AND essential workers (grocery store, restaurant, healthcare workers, etc.) that have been exposed to the virus. We welcome people from communities all over Chicago, especially those hardest hit by COVID-19.
- At Heartland Health Centers, **there is no charge for the test or appointments related to COVID-19 for people without insurance**, regardless of immigration status. Most insurance plans cover testing free of charge.
- Separate yourself from people and pets while you wait for the results & wear a mask.



## HOW DO I GET TREATMENT IF I HAVE COVID-19?

- Please follow the instructions your doctor gives you.
- People with mild symptoms can recover at home.
- Call 911 if you are having trouble breathing or cannot control a fever.
- If you need to go to the hospital, you will receive treatment regardless of insurance or immigration status.
- If you are an immigrant worried about public charge, you will not be penalized for receiving treatment for COVID-19.



*We are still available for your regular healthcare needs*

Call (773) 751-7800

For more information, visit: [heartlandhealthcenters.org/coronavirus](https://heartlandhealthcenters.org/coronavirus)