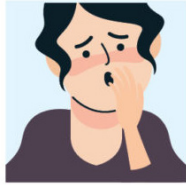# COVID-19

What is it? Coronavirus (COVID-19) is a new respiratory virus that has the potential to cause severe illness and pneumonia in some people.

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:

Fever   Cough   Shortness of Breath

Symptoms may show up 2-14 days after exposure

How is it spread?

• Through the air by coughing and sneezing
• Close personal contact, such as touching or shaking hands
• Touching an object or surface with the virus on it, then touching your mouth, nose or eyes

How is it prevented?

Similar to prevention of the other respiratory illnesses, including the flu:

• **Wash hands** often
• **Avoid touching** your face
• **Avoid contact** with others who may be sick
• **Stay home** while sick; avoid others
• **Cover mouth/nose** with a tissue or sleeve when coughing or sneezing

I have symptoms of COVID-19. What are my next steps?

1. Go home, isolate. Keep a 6 ft. distance from others.

2. Please call your Primary Care Physician (PCP) and let them know you have symptoms of COVID-19. If you do not have a PCP, please contact the Pueblo Department of Public Health and Environment at **719.583.4431** or call 1-877-462-2911.

3. Please **DO NOT** go to your appointment. If your PCP is at Health Solutions, we ask that you **DO NOT** come in, call Connect 2 Care at **719.545.2746**.

4. Please **reschedule your appointment** through Health Solutions Connect 2 Care line at **719.545.2746.** TeleHealth is now an option. Please ask us for more information.

If you have general questions about COVID-19:

Please contact the Pueblo Department of Public Health and Environment at **719.583.4444**. You can also call CO HELP at 303-389-1687 or 1-877-462-2911, or e-mail COHELP@RMPDC.org.

If you are feeling unmanageable stress or anxiety, please contact:

COLORADO CRISIS SERVICES | **844-493-TALK (8255)** OR TEXT **TALK** TO **38255**

Health SOLUTIONS
Your Health Is Our Priority

HEALTH SOLUTIONS
24/7 CRISIS LINE: 719-545-2746
1310 Chinook Ln. | Pueblo

Updated 3/19/2020

Hope. Health. *Together*