



Illness SYMPTOMS

Follow the guidelines below to help us keep our community healthy and safe.

Stay home

if you have been in contact with someone diagnosed with the coronavirus or if you have the following new or out of the norm symptoms:

- Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills or shivering
 - Muscle or body aches
 - Headache
 - Ringing in ear or temporary loss of hearing
 - Sore throat
 - New loss of taste or smell
 - Diarrhea
 - Fatigue or feeling more tired than normal
- Unless these symptoms get worse or last for more than two weeks: stay home, drink fluids, and use over the counter medications to help relieve symptoms.



Call your doctor

if you have these symptoms:

- Shortness of breath but still able to speak in full sentences.
- If symptoms continue to get worse or last more than two weeks.
- Prepare for this by knowing your doctor's phone number and after hours line. Investigate if you have access to a 24-hour call-a-nurse line through your health insurance or a local clinic.



Call 9-1-1

if you are experiencing these symptoms:

- Chest pain/pressure
 - Severe shortness of breath - only able to say a word or two before taking a breath
 - Passing out, losing consciousness, or confusion
- These are severe symptoms that need medical attention right away. Tell 9-1-1 all the symptoms you are experiencing and if you have traveled recently.



Ask yourself, "Are the symptoms severe enough to require a doctor visit?"

IF THE ANSWER IS YES, contact your doctor or dial 2-1-1.

The staff at 2-1-1 United Way of the Plains can discuss symptoms and can screen for possible no cost coronavirus testing.

Sedgwick County Health Department - 316-660-7300
Administration: 1900 E. 9th St. N., Wichita - Main Clinic: 2716 W. Central, Wichita