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
- 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 through 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

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