

Symptoms: What to Do

Protect yourself and others, stay at home. Keep calm, the majority recover well!

<p><i>COVID-19 symptoms resemble many other flu-like illnesses. It is imperative to recognize potential symptoms and take appropriate timely action!</i></p>	
<p>COVID-19 symptoms: Fever or Chills Cough Shortness of breath Headache Sore throat Fatigue</p>	<p>New loss of smell or taste Muscle or body aches Conjunctivitis Congestion or runny nose Nausea or vomiting Diarrhea Rash on the skin</p>

If you or someone you live with...	Then...
1. has shortness of breath but can speak in complete sentences,	DO NOT visit the emergency room; call first your primary care physician.
2. has shortness of breath, inability to speak, confusion or difficulty remaining alert, persistent pain or pressure in the chest, or bluish lips or face,	Call 787-999-6202 or visit your nearest emergency room. Remember to call ahead to notify you suspect COVID-19. Write down the number of the nearest hospital: _____.
3. has a fever, dry cough, body pain, and/or gastrointestinal symptoms, such as diarrhea, nausea, vomit, or abdominal pain,	Call your primary care physician or 787-999-6202 .
4. has any of the aforementioned symptoms or tested positive for the coronavirus,	AVOID using ibuprofen (Advil or Motrin), as these could worsen your condition. Use acetaminophen (Tylenol) instead.
5. has traveled to a hotspot area or been in contact with a person with COVID-19 in the last 14 days, and shows any of the symptoms described in #1 or #3,	<ul style="list-style-type: none"> • Call 787-999-6202 or visit the nearest emergency room. • Remember to call ahead to notify you suspect COVID-19.
6. shows these symptoms or has tested positive for the coronavirus	Keep a distance of 6 feet from the infected person (stay in different rooms when possible), and follow basic hygiene and disease prevention guidelines (refer to the links below).
7. feels very anxious or worried or has thoughts of suicide,	Call the ASSMCA PAS hotline (1-800-981-0023) or the Pan-American Hospital crisis hotline (1-800-981-1218).



Department of Health Website



Centers for Disease Control and Prevention

Coronavirus Orientation and Consultation Hotline

•787-999-6202

ASSMCA PAS Hotline:

•1-800-981-0023

Panamerican Hospital Crisis Hotline:

•1-800-981-1218