



**Symptoms: What to Do**

**Remember: Protect yourself and others, stay at home, and keep calm!**

**Most people recover from this disease!**

If you or someone you live with...	Then...
1. has shortness of breath (getting tired after taking 3-4 steps), confusion or difficulty remaining alert, persistent pain or pressure in the chest, or bluish lips or face,	please call <b>787-999-6202</b> or visit your nearest emergency room. -Remember to call ahead to notify you suspect COVID-19. -Write down the number of the nearest hospital: _____
2. has shortness of breath but can speak in complete sentences,	DO NOT visit the emergency room; call your primary care physician first.
3. has a fever, dry cough, body pain, and/or gastrointestinal symptoms, such as diarrhea, nausea, vomit, or abdominal pain,	please call your primary care physician or <b>787-999-6202</b> .
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 in the last 14 days and shows any of the symptoms described in #1 or #3,	please call <b>787-999-6202</b> or visit the nearest emergency room. -Remember to call ahead to notify you suspect COVID-19.
6. feels very anxious or worried or has thoughts of suicide,	please call the ASSMCA PAS hotline ( <b>1-800-981-0023</b> ) or the Panamerican Hospital crisis hotline ( <b>1-800-981-1218</b> ).
7. shows these symptoms or has tested positive for the coronavirus,	keep a distance of 6 feet from the infected person (staying in different rooms as much as possible), and follow basic hygiene and disease prevention guidelines (refer to the links below).

**Coronavirus Orientation and Consultation Hotline**  
•787-999-6202

**ASSMCA PAS Hotline:**  
•1-800-981-0023

**Panamerican Hospital Crisis Hotline:**  
•1-800-981-1218



Department of Health Website



Centers for Disease Control and Prevention Website