

TREAT AT HOME OR SEEK CARE?

Colds, Influenza (Flu), RSV & COVID-19

If you are considered at higher risk of complications due to age (young children or over the age of 65), underlying health conditions, or are pregnant, seek care within 48 hours of your first symptom.



Do you have any of these symptoms?

- Cough
- Runny nose
- Sore throat
- Body aches
- Chills
- Congestion
- Fever



Treat Your Symptoms at Home:

- Stay home. Days 3-5 from onset of symptoms are when you are most contagious.
- Treat symptoms with rest, fluids and over the counter medications.
- Expect your symptoms to last up to two weeks.

NO

YES

Did you test positive for COVID-19 with an at-home test.

YES

Stay at home to treat your symptoms. You may be eligible for an antiviral medication for COVID-19. Call **320-200-3200** to be screened for eligibility.

Worsening Symptoms?

If symptoms worsen or last more than 14 days, it's time to seek care. Start a virtual visit or make an appointment by calling CentraCare Connect at **320-200-3200**.

If you're experiencing shortness of breath, ongoing chest pain, confusion or blue-colored lips or face – call **911** or go to the nearest Emergency Room.