What to do if you are feeling sick

If you are not sick but have general questions about COVID-19, call CO HELP 303-389-1687 or 1-877-462-2911.

Depending on your symptoms, you may or may not need medical attention. If you do need medical attention, consider a nurse line. Rio Grande Hospital Nurse Line – 719-657-4990. San Luis Valley Health Nurse Line 719-589-2511. Ext 9

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<th>Mild</th>
<th>Worsening</th>
<th>Severe</th>
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| May include a combination of cough, body aches, fatigue, and chest tightness. Some people may not develop fever or fever may not occur until several days into the illness. | - Cough  
- Fever  
- Shortness of breath | - Trouble breathing  
- Persistent pain or pressure in the chest  
- New confusion or inability to arouse  
- Bluish lips or face |

If you are age 60 or older, or you have underlying chronic medical conditions, you may need to check in with a health care provider.

If you go to a hospital without calling 911, call the hospital ahead of time and tell them your symptoms.

https://covid19.colorado.gov/covid19-symptoms

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Trouble breathing  
- Persistent pain or pressure in the chest  
- New confusion or inability to arouse  
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.