



RIO GRANDE COUNTY COVID-19

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

Mild 📌

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.

[Isolate yourself →](#)

Worsening 📌

- Cough
- Fever
- Shortness of breath

[Isolate yourself →](#)

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.

Severe 📌

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

Call 911 and tell the dispatcher your symptoms.

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.