



## Covid-19 FAQ

### What are the symptoms of Coronavirus?

The most common symptoms are

- Fever
- Dry cough
- Fatigue
- Shortness of breath

\*\*Please note, they may appear 2-14 days after exposure. \*\*

### When should I seek care?

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, **call your healthcare provider** for medical advice or

**Lake Superior Community Health Center at:**

- Duluth: 218-722-1497
- Superior Tower Ave: 715-392-1955
- Superior 34<sup>th</sup> Street: 715-395-5380

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

- Difficulty breathing or shortness of breath
- 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.

### How do I make an appointment at Lake Superior Community Health Center?

**CALL AHEAD first (see phone numbers above) before you WALK IN to the clinic. DO NOT walk into the clinic without calling ahead.**



## How do I prevent spread?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

- Stay home except to get medical attention and separate yourself from other people and pets.
- **CALL AHEAD if you are going to seek medical attention.**
- Wear a facemask if sick or caring for others that are.
- Cover your cough/sneezes, etc.
- **Wash your hands for at least 20 seconds.**
- Disinfect surfaces you touch with **bleach, hydrogen peroxide, or ethanol.**

### Self-Monitoring

- **Call your healthcare provider or Lake Superior Community Health Center** if your illness is worsening (e.g., difficulty breathing).
- Call your doctor: **Before seeking care, call your healthcare provider** and tell them that you have, or are being evaluated for, COVID-19.

