

I think I have COVID-19 but do not have a healthcare provider. What should I do?



I am experiencing one or more of these symptoms:

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



- Call your **local walk-in or urgent care** facility for care/testing.
- **Always call before arriving** to let them know you are coming.
- **Let them know about your symptoms** and any contact with a COVID-19 case on the phone.

I am experiencing one or more of these symptoms:

- Trouble breathing
- Persistent pain/pressure in chest
- New confusion
- Inability to wake or stay awake
- Blue lips or face

These are emergency warning signs. **Seek emergency medical care immediately.**



- Go to your local **emergency room or call 911.**
- If you are driving yourself or someone else, **always call ahead.**
- Let them know about your symptoms and any exposure with a COVID-19 case on the phone.

For more information, visit: www.maine.gov/dhhs/coronavirus

