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