What should you do if you think you might have COVID-19?

**Call 911 if you have...**

Trouble breathing or talking while resting

You might have COVID-19, but you shouldn't worry. Stay home to protect yourself and other people.

**Take your temperature and ask for help if you feel...**

**Feverish**
- hot
- sweaty
- cold
- shivering

**Cough**
- coughing up nothing
- coughing up mucus

**Trouble breathing**
- breathing fast or heavy
- not enough air in lungs
- hard time finishing sentences
- hard to take big breaths
- tight or pain in your chest when you breathe
- like you just ran around even if you're resting

**Talk to someone if you feel...**

Sore throat
- Runny nose
- Stomachache/diarrhea
- Less hungry
- Tired
- Muscle pain

You might have COVID-19. Check your temperature using a thermometer. If your temperature is more than 100 degrees F, tell someone you trust right away.

Access COVID, an accessible COVID-19 guide for everyone, is brought to you by a caring team of medical students and health professionals at NYU, Pitt, WashU, and the St. Louis Arc. For more information contact accesscovid@gmail.com.