

CORONAVIRUS DISEASE (COVID-19) TELEHEALTH GUIDE



WHY SHOULD YOU USE A TELEHEALTH PROVIDER?

People can spread the virus without showing any symptoms. That's why it's so critical to avoid crowds and stay at least 6 feet away from others, as well as wash or disinfect your hands, and stop touching your face.

INFORMATION TO TELL YOUR DOCTOR

In addition to a symptom evaluation, the answers to these questions can help you and your doctor get a bigger picture of your condition.

Have you experienced a cough, fever, and/or shortness of breath? _____

Do you have a chronic condition, like heart disease, lung disease, or diabetes? _____

Have you had close contact with someone who has been diagnosed with COVID-19? _____

Have you traveled anywhere in the 2 weeks before symptoms started? _____

How long have you been experiencing symptoms? _____

QUESTIONS TO ASK

These questions will help you start a conversation with your doctor about how to best address your symptoms.

How can I tell if my symptoms are related to something like a cold or the flu rather than COVID-19? _____

How will my symptoms progress? Will they gradually get worse? _____

Is it possible for these symptoms to go away on their own? _____

Am I eligible for a COVID-19 test? _____

What happens during the test? _____

When will I get my test results? _____

What other labs or imaging tests can I expect? _____

Are there any tests I should get to determine if I have something other than COVID-19? _____

Will I need to be admitted to the hospital if I have COVID-19? _____

Are there medications I can take to ease my symptoms? _____

Are there any medications I shouldn't take? _____

Do I need to wear a mask? _____

Do I need to isolate myself from others? _____

Should my family/people I'm close with seek testing? _____