

GETTING THE CARE YOU NEED DURING A PANDEMIC

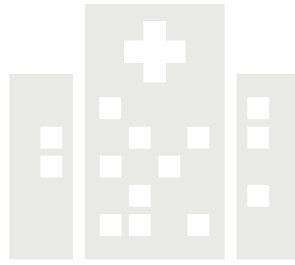


With the ongoing effects of COVID-19, it can be hard to know how to safely get the health care you need. To receive the best guidance for your situation, it is always best to follow the advice of your primary care provider. If you don't have a regular source of primary care, this guide can help you.

Do you have...

PREVENTIVE OR ROUTINE CARE

- a regular checkup with your primary care provider or mental health visit
- a cancer screening based on recommendations for your age and gender
- a dental checkup
- a prescription refill



SHOULD YOU GO IN?



PROBABLY, staying healthy is important. Especially if you put off seeing your primary care or other provider during COVID-19, now is the time for you to make an appointment.



PROBABLY NOT, for prescription refills. Contact the prescriber's office for guidance. Certain refills may require lab tests or other services, but many may be able to be refilled over the phone.

CHRONIC CONDITIONS OR ELECTIVE SURGERIES

- to check in on a chronic condition that's stable
- to have an elective procedure or surgery



SHOULD YOU GO IN?



PROBABLY NOT, for a chronic condition. Contact your provider to find out if you need to be seen or can have a virtual visit. And if you had a planned elective procedure or surgery that has been postponed due to COVID, you should stay in touch with your provider regarding rescheduling, and to discuss any changes in symptoms.

NEW SYMPTOMS OR QUESTIONS

- a minor injury to a muscle or joint, such as a sprained ankle
- a condition that's worrying you, such as depression or anxiety
- COVID-19 or other flu-like symptoms, like fever or chills, cough, sore throat, shortness of breath, fatigue, muscle or body aches, congestion or runny nose, nausea or vomiting, loss of smell, diarrhea



SHOULD YOU GO IN?



Many of these needs can be met with a virtual care visit. If you have insurance coverage, find out if there are virtual options available to you.



If you do not have access to remote health care, seek care with a doctor or urgent care center.

CARE TIPS



COVID-19

The vaccine is the safest way to get protection from COVID-19.

It prevents you from getting severely sick and infecting others. The vaccine is free and available to everyone 5 and older.

To find a vaccine site near you:

- Visit [Vaccinate WA](#)
- Call 1-833 829-4357 (833 VAX-HELP) and press #
- Text your zip code to 438-829 (GET VAX)

Remember to get your booster shot if you are eligible.

Find a COVID-19 test near you

If you or someone you know is homebound, **request a home visit.**



Flu vaccine

It's important to get your flu vaccine. You can get your flu and COVID vaccine at the same time.



Questions?

- Call your health insurance plan before making your appointment.



- Before you go in, be sure to contact your provider's office and find out about their safety precautions.