

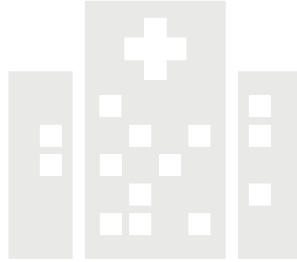
SHOULD YOU SEE A HEALTH CARE PROVIDER IN-PERSON?

With the effects of COVID-19, it can be hard to know whether you should go to your provider's office or get medical care virtually. This guide can help you decide.


Do you have...

URGENT SYMPTOMS

- signs of a heart attack or stroke
- severe stomach pain
- sudden blurred vision, severe headache (not a migraine), or dizziness
- a deep cut, broken bone, or other significant physical injury
- a high fever, seizures, difficulty breathing, or any other condition you believe is life-threatening



SHOULD YOU GO IN?



YES, you should call 9-1-1, or go to your nearest hospital emergency room.

SPECIAL CIRCUMSTANCES

- a newborn baby
- a child who needs vaccinations
- a dental emergency
- a serious health condition like cancer, diabetes, heart disease, or obesity that you are being treated for
- suicidal thoughts or other serious mental health concern



SHOULD YOU GO IN?



YES, you should go to the doctor.

CARE TIPS



Is it a heart attack or stroke? For warning signs, see the American Heart Association's [website](#).



Questions about coverage? Call your health insurance plan before making your appointment.



Have your insurance card handy when you call your doctor.



NEW SYMPTOMS OR QUESTIONS

- a minor injury to a muscle or joint, such as a sprained ankle
- physical therapy needs
- 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?

MAYBE NOT, if your doctor offers virtual visits (talking by video or phone), try that first.

YES, if you:

- are over 65,
- do not have access to remote health care,
- have an underlying health condition like diabetes, heart disease, or obesity.

PREVENTIVE OR ELECTIVE CARE

- a regular checkup with your primary care provider or a mental health visit
- to check in on a chronic condition that's stable
- an elective procedure or surgery
- a prescription refill



SHOULD YOU GO IN?

PROBABLY NOT, talk to your doctor about any potential harm if you wait or if you could have the appointment virtually (by video or phone).

CARE TIPS



Getting your flu vaccine is more important than ever!



Don't skip certain health screenings. That includes eye exams if you have diabetes; and breast, cervical, or colon cancer screenings if you are at high-risk.



FOR COVID-19 INFORMATION AND TESTING

- Call 800-525-0127
- See Washington State Department of Health's **website**
- Check your **local public health department** for testing sites near you, including those offering free tests

To learn more, or for more information and resources, go to www.ownyourhealthwa.org.