

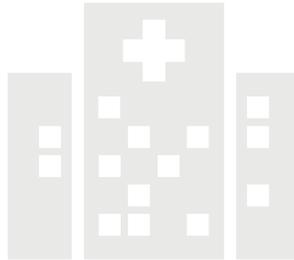
# SHOULD YOU SEE A HEALTH CARE PROVIDER IN-PERSON?

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](http://www.ownyourhealthwa.org).