



# Information Handout for Patients Not Transported by Emergency Medical Services

## If your symptoms worsen:

- Contact your health care provider.
  - If it is an emergency, call 911.
  - Upon first contact with any health care provider (physician, ambulance, emergency room, clinic) inform them immediately that you have a cough/fever so that they can treat you promptly and appropriately.
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- Consider taking over-the-counter medications that you normally use for cough/fever. If under age 15 do not take aspirin or aspirin containing products.
  - Continue to take your regular medications unless your health care provider advises you otherwise.
  - Stay at home until you have no fever for 24 hours without the use of fever-reducing medication.
  - Avoid close contact with others.
  - Cover your mouth when sneezing, blowing your nose or coughing.
  - Avoid touching your eyes, nose and mouth. Germs spread this way.
  - Wash hands frequently and always after coughing/sneezing, etc. Use soap and water or alcohol-based hand sanitizer.
  - Do not share glasses, cups, utensils, toothbrushes.
  - Clean hard surfaces (especially in commonly used areas: bedroom, kitchen, bathroom) with standard household disinfectants.
  - Contact your health care provider if you have any further questions or if your condition worsens.

## NYS COVID-19 Hotline

Call 1-888-364-3065 for Information about COVID-19

### Local Health Department COVID-19 Hotline:

Albany County:	(518)447-4580	Greene County:	(518) 719-3600
Rensselaer County:	(518)270-2626	Columbia County:	(518) 828-3358
Schenectady County:	(518) 386-2824	Montgomery County:	(518) 853-3531
Saratoga County:	(518) 584-7460	Washington County:	(518)746-2400