

Get tested, St. Louis.



What are the COVID-19 symptoms?

- You have a fever over 100.4° F — or 38.0° C
- You feel like you're shivering a lot
- You have a long-lasting cough
- It's hard to breathe
- You feel tired, sore, or fatigued
- You can't smell or taste anything
- Your throat hurts
- Your head hurts
- You have a runny, stuffy nose
- You have diarrhea, feel sick to your stomach, or throw up

What you can do after your test



Stay home

Stay home—save lives

- Only go out when it's necessary
- To protect yourself and others, wash your hands often with soap and water or with an alcohol-based hand rub
- Cover your mouth and nose when you cough or sneeze



Stay 6 feet apart from other people

- Staying home is the best way to not get yourself or others sick. But if you have to leave your home:
 - Avoid large crowds of more than 10 people
 - Keep 6 feet between you and everyone else



Wear mask

Wear a face covering (mask)

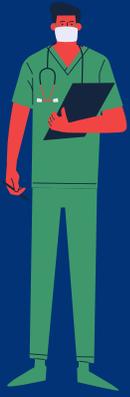
- Use a mask or fabric to cover your mouth and nose anytime you leave your house
- Face masks are sometimes required when you are:
 - Visiting businesses
 - Traveling—on public transportation or rideshare vehicles
 - At work



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Source: WHO; CDC, 2020



Where can I find a doctor or provider near me?

Find a health center, doctor, or provider near your home:

- findahealthcenter.hrsa.gov/
- startherestl.org/medical.html



Where can I get trusted information about COVID-19?

- Centers for Disease Control and Prevention (CDC)
 - cdc.gov/coronavirus/2019-nCoV/
- World Health Organization (WHO)
 - who.int/emergencies/diseases/novel-coronavirus-2019
- Missouri Department of Health & Senior Services (DHSS)
 - health.mo.gov
- St. Louis City Department of Health
 - stlouis-mo.gov/government/departments/health/
- St. Louis County Department of Health
 - stlcorona.com/



Need health insurance? Get help finding a plan—

Contact the Cover Missouri Coalition to:

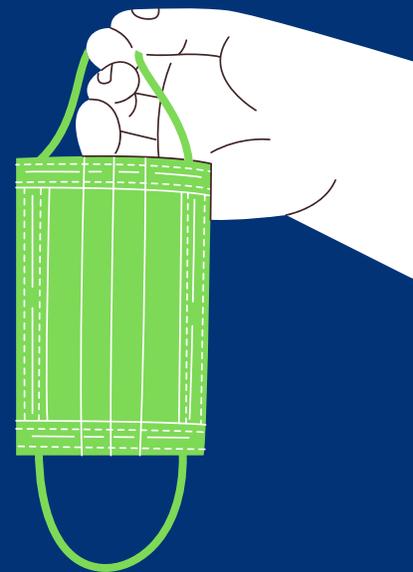
- See if you can get financial help
- Compare health insurance plans and prices
- Find virtual and in-person help
- Sign up or re-enroll in a plan



1-800-466-3213



covermissouri.org



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