

# Coronavirus Safety Guide

## If you develop ANY symptoms



Runny nose  
Phlegm



Cough  
Mild shortness  
of breath  
Excessive  
tiredness



Nausea  
Diarrhea  
Vomiting



Loss of sense of smell  
Loss of sense of taste

Fever  
Chills  
Sore throat  
Muscle aches

## ...act like you DO have coronavirus.

### Mild or moderate symptoms

& can manage at home:

- 1) Do not call 911 to ask about testing
- 2) Call your doctor for instructions



#### Start a self-quarantine, meaning:

- Do **NOT** go to work
- Do **NOT** leave your home
- Do **NOT** have visitors over
- If you need help getting essentials like food and medications, contact friends/family



#### If you must leave home due to an emergency...

- Wear a mask
- Sanitize your hand before you touch anything



### If you develop severe symptoms:

#### Severe symptoms may include:

- Severe or worsening shortness of breath
- Chest pain
- Vomiting without ability to keep food or water down
- You are too dizzy or light-headed to stand
- You feel confused



Call 911 and let them know you might have coronavirus

Adapted from the *Coronavirus Safety Guide*, a collaboration from physicians at Beth Israel Deaconess Medical Center and Harvard Medical School.

See the full guide at: [bit.ly/Coronavirus\\_Safety\\_Guide](https://bit.ly/Coronavirus_Safety_Guide)



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