



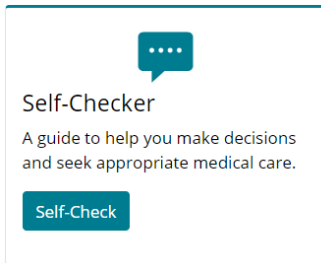
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Circles of Care Online Resources – SYMPTOM CHECKERS

Many people living alone are naturally frightened and anxious about getting sick. How can you help a person who is worried that they may be infected with the coronavirus?

1. Unless you are medically trained, don't give medical advice!
2. You CAN help the person by referring the person to this resource.



CDC Coronavirus Self-Checker

The purpose of the Coronavirus Self-Checker is to help you make decisions about seeking appropriate medical care. This system is not intended for the diagnosis or treatment of disease or other conditions, including COVID-19. CDC's self-checker is also something you could do for someone else.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

Coronavirus Checker from Emory University School of Medicine

Another well-tested symptom checker offers questions in multiple languages and includes links to local Oregon medical resources, if medical help is recommended.

<https://c19check.com/start>

When to Seek Medical Attention

If you develop emergency warnings for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have COVID-19. If possible, put on a cloth face covering before medical help arrives.

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