

Rocky Mountain Family Physicians recognizes that many people have concerns and questions about symptoms and risk of contracting COVID-19. The majority of people have minor symptoms and do not require medical care or testing. Individuals with minor symptoms are advised to stay home rather than seek testing or medical care.

This information has been developed to help you understand when to seek care.

FOR THESE SYMPTOMS / SITUATIONS...

YOU SHOULD...

Cough and/or have a fever of 100 degrees or higher
OR
Traveled to China, South Korea, Italy or Iran, or are concerned that you have been exposed through other contact
Do **NOT** have difficulty breathing



Stay home with support in isolation. Rest, stay hydrated, use ibuprofen or acetaminophen as needed for fever.
If you have questions, call Rocky Mountain Family Physicians 970-484-0798. Performing a screening over the phone will allow medical review while limiting exposure to others.

Cough and/or have a fever of 100 degrees or higher
OR
Traveled to China, South Korea, Italy or Iran or are concerned that you have been exposed through other contact
Do **NOT** have difficulty breathing but have flu-like symptoms such as muscle aches, chronic diseases such as diabetes, heart failure, COPD, asthma, are immunocompromised or have concerns to discuss with a nurse.



Call Rocky Mountain Family Physicians at 970-484-0798. Performing a screening over the phone will allow medical review while limiting exposure to others.
We are offering virtual visits at this time. Virtual visits require a device with a camera, microphone, and access to the internet. You can use your smartphone, tablet, or computer.
If it is determined that you need to be seen in person, you will receive instructions on the facility at which to be seen.

Cough and/or fever of 100 degrees or higher
OR
Traveled to China, South Korea, Italy or Iran, or are concerned that you have been exposed through other contact
Do have difficulty breathing



Seek care at an emergency department.