

Acute Respiratory Illness Precautions and Recommendations

Information for patients not transported by EMS

If you get worse:

- **Contact your health care provider.**
- If it is an emergency, go to the ED or call 911.
- Upon first contact with any healthcare provider (physician, ambulance, emergency room or clinic) inform them immediately that you may have the flu so that they can treat you promptly and appropriately.

• **Our physicians recommend that you take medications that you normally use for the flu. If under age 18 do not take aspirin or aspirin containing products.**

- Continue to take your regular medications unless your physician 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 rubs.
- Do not share glasses, cups, utensils, toothbrushes.
- Clean hard surfaces (especially in commonly used areas: bedroom, kitchen, bathroom) with standard household disinfectants.
- **Contact your physician if you have any further questions or if your condition worsens.**

NYS Novel Coronavirus Hotline

Call 1-888-364-3065 for Information about Coronavirus

LOCAL Health Department/COVID-19 Hotline

Local Hotline #