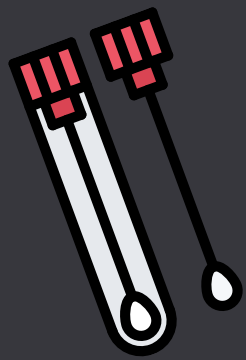


FIGHTING BACK AGAINST COVID19



Step 1: Recognize symptoms

Most common: fever, cough, shortness of breath



Step 2: Get screened and tested

Option 1: Call primary care provider

Option 2: Call 210-207-5779 to be screened

Option 3: Go to <https://covid19test.quacito.com/> to self-screen online



If you test positive



Step 3: Stay home

1. Separate from other people and pets in the home
2. Stay in a specific room in the house
3. Don't leave the house except to seek medical care



Step 4: Monitor

Seek immediate medical attention if you have:

1. Trouble breathing
2. Persistent pain or pressure in the chest
3. Confusion or unable to be woken up from sleep
4. Bluish lips or face



Step 5: Getting better

May return from isolation when:

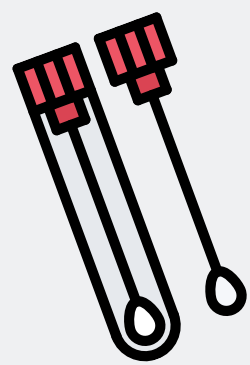
- 7 days have passed since symptoms started/appeared **AND**
- 3 days have passed without fever and symptoms improved

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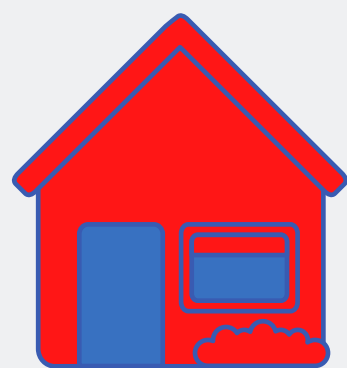
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