

# WHAT TO DO IF YOU ARE SICK WITH COVID-19

OR THINK YOU HAVE IT  
**THIS VIRUS IS VERY CONTAGIOUS.**  
**YOU NEED TO HELP KEEP FAMILY AND FRIENDS SAFE.**

**Stay home unless you need to see the doctor:**



Do NOT go to work or public places if you're sick



Most of the time the virus is mild and goes away on its own



Call your doctor for advice. Do not go in without an appointment

If you don't have a doctor, there are three community health centers that will take you as a new patient. You do not have to have health insurance to become a patient at these centers and there will be no charge regardless of your immigration status. First, call to make an appointment.

**Community Health Center**  
22 Fifth Street  
Stamford, CT  
203.323.8160

**Family Centers Health Care**  
111 Wilbur Peck Court  
Greenwich, CT  
203.717.1760

**Optimus Health Care**  
805 Atlantic Street  
Stamford, CT  
203.621.3900

**Stay away from other people inside your home:**



Stay away from family members, roommates & pets



Wear a face mask around other people inside your home



Avoid sharing things like towels, dishes, and glasses



Clean kitchen counters and bathrooms often



Older people & those with chronic conditions are at increased risk

**If you cannot stay away from people inside your home:**



The City of Stamford is offering isolation housing for people who have COVID or are waiting for test results



To apply for this housing, a healthcare provider or a social worker needs to fill in the following form: <https://stamfordct.seamlessdocs.com/f/ISOLATIONREQUEST>



For more information, contact the Department of Health at (203) 977- 4370 between 8:30am - 4:30pm

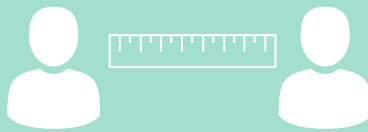


## STOP THE SPREAD OF GERMS

**Wear a facemask if you must go outside or to a public place**



**Stay 6 feet away from others  
SOCIAL DISTANCE**



**Avoid close contact with people who are sick**



**Cover your cough & sneeze with a tissue & throw it away**



**Avoid touching your eyes, nose & mouth**



**Wash your hands often with soap & water for 20 seconds**



**Clean & disinfect frequently touched objects & surfaces**

