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

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
203.327.5111

If you are sick stay away from other people inside your home:

Stay away from family members, roommates & pets. Family members must wear masks.

Wear a face mask inside your home. Have an assigned bedroom & bathroom.

Avoid sharing things like towels, dishes, and glasses

Clean kitchen counters and bathrooms often. Everyone must wash their hands.

If you cannot stay away from people inside your home:

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

· To apply for housing, see https://www.stamfordct.gov/department-of-health/pages/quarantine-and-isolation-housing

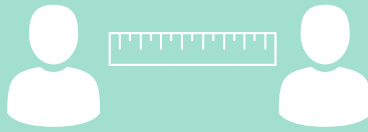For more information, contact the Department of Health at (203) 977- 4398 between 8:30am – 4:00pm

MAY 2020

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

Everyone at home should wash their hands often with soap & water for at least 20 seconds

If you have trouble breathing, persistent pain or pressure in the chest, new confusion or not able to be woken or bluish lips or face, seek medical attention immediately

Clean & disinfect frequently touched objects & surfaces

Call 911 if you have a medical emergency