

# PATIENT RESOURCES FOR CORONAVIRUS (COVID-19) SYMPTOMS AND INFORMATION

Below is a list of resources available to assist you with managing your symptoms

## OGDEN REGIONAL MEDICAL CENTER

Ogden Regional Medical Center has an on-line screening tool to assess your risk and receive the most appropriate care recommendation based on your symptoms. Visit [www.ogdenregional.com/covid-19](http://www.ogdenregional.com/covid-19) or call (801) 479-2111.

## INTERMOUNTAIN HEALTHCARE

Intermountain Healthcare has an on-line symptom checker and can provide you will information regarding symptom management and testing. Visit [intermountainhealthcare.org/covid19-coronavirus](http://intermountainhealthcare.org/covid19-coronavirus) to utilize their on-line tools. You can also contact them by phone at (844) 442-5224.

Intermountain Healthcare also provides telemedicine via Connect Care which allows you to speak with a healthcare provider from the comfort of your home. To utilize this service, visit [www.intermountainhealthcare.org/get-care-now](http://www.intermountainhealthcare.org/get-care-now).

## UTAH CORONAVIRUS INFORMATION

The State of Utah is providing citizens with information updates regarding the Coronavirus through their website at [coronavirus.utah.gov](http://coronavirus.utah.gov). You can also call their Coronavirus information hotline at (800) 456-7707.

## WEBER-MORGAN HEALTH DEPARTMENT

The Weber-Morgan Health Department has local Coronavirus updates and information on their website at [www.webermorganhealth.org/coronavirus](http://www.webermorganhealth.org/coronavirus). If you are homeless, you can contact the Weber-Morgan Health Department at (801) 647-5471 for additional assistance.

## UNITED STATE CENTER FOR DISEASE CONTROL (CDC)

For the latest federal guidance on the Coronavirus, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

## 10 ways to manage respiratory symptoms at home

**If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:**

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis. 
- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately. 
- 3. Get rest and stay hydrated.** 
- 4. If you have a medical appointment, call the healthcare provider** ahead of time and tell them that you have or may have COVID-19. 
- 5. For medical emergencies, call 911 and notify the dispatch personnel** that you have or may have COVID-19. 
- 6. Cover your cough and sneezes.** 
- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. 
- 8. As much as possible, stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask. 
- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding. 
- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions. 



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For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

“Stay Safe, Stay Home”