

COVID-19: How to get care and protect yourself

Please continue to take the necessary precautions to help prevent the spread of the coronavirus. Whenever possible, stay at home, and wear a mask and practice physical distancing when you're out.

To help you and your loved ones get the right care at the right time, follow the guidelines below based on your symptoms. **Together, we can work to keep our communities healthy and strong.**



"I don't have symptoms, but I am worried."

I feel:

- Lonely
- Nervous
- Unprepared
- Uninformed
- Stressed
- Exhausted

What should I do?

Right now, it's especially important to care for the whole you. Eat a balanced diet, get a full night's sleep, stay in touch with friends and family, and be mindful of your mental health.

Many popular apps are offering free meditations – and the myStrength app is always available at no cost to members. Get started and find more tools at kp.org/selfcare.

For mental health advice, visit kp.org/getcare or call the number on your Kaiser Permanente card.



"I don't feel good, but I don't have any COVID symptoms."

I have:

- Headache
- Sore throat
- Itchy eyes
- Runny/stuffy nose
- Stomach problems

What should I do?

Members can start with an **e-visit** for personalized care instructions. If your symptoms are very mild, treat them as you would during any cold and flu season, and [take an e-visit or contact us](#) if they get worse.



"I have COVID symptoms."

I have:

- Fever of 100 degrees or higher
- Cough
- Mild shortness of breath
- Loss of taste and smell

What should I do?

Sign in or register at kp.org to take an e-visit, or schedule a telephone or video visit.

Stay at home, isolate yourself until you talk with a caregiver, and keep a close eye on your symptoms.



"I have severe COVID symptoms."

I have:

- Extreme difficulty breathing – I'm gasping for air or can't talk without catching my breath
- Severe or constant chest pain
- Severe or constant dizziness or lightheadedness
- Confusion (new or worsening)
- Unconsciousness or difficulty waking up
- Slurred speech (new or worsening)
- Blue-colored lips or face

What should I do?

For immediate medical attention, call 911 or go to the nearest hospital. Tell them you have COVID-19 symptoms.