

Staying Safe and Well: Advice for Everyone



I'm home and I feel fine

Stay home, practice social distancing and wash your hands. If you have to go outside into public spaces, make sure to keep your distance — six feet at minimum. Exercise, eat well and get needed rest. Check in with friends and family via video chat or phone.

I have a doctor appointment. Should I go?

Call your medical provider and find out if you should keep your appointment. Share any symptoms you might be experiencing and let them know if you've been in contact with anyone with fever, respiratory symptoms or a positive COVID-19 test.



I have a cold and a sore throat

Self-isolate from others including household members and continue to practice good hand hygiene by washing your hands. Otherwise, stay hydrated, use over-the-counter medications as needed and get plenty of rest. You'll probably feel better in a couple of days. If your symptoms continue or get worse, call your doctor.

I have a fever and respiratory symptoms

These are common symptoms of many illnesses, including different kinds of viruses which include influenza as well as COVID-19. Although there are no specific treatment for many of these viruses, including COVID-19, there are effective medicines for influenza. Call your doctor who can help figure out what's going on and get you the treatment you need.



I have a fever and respiratory symptoms and I'm older (60+) and/or have a weakened immune system

Check with your doctor. For those with very mild symptoms, it may be best to stay at home, self-isolate and take good care of yourself. Although a COVID-19 test may be helpful, it's not likely to change your treatment. But those with severe symptoms may need hospital care and should call their doctor.

As always, if you are experiencing a medical emergency, call 911.

For updates and more information about COVID-19:

- Visit HartfordHealthCare.org/Coronavirus
- Text COVID19 to 31996 for text alerts
- Call our 24/7 COVID-19 hotline at 860.972.8100
- For tips on preventing COVID-19 if you're sick, visit HartfordHealthCare.org/preventcovid