

Coronavirus Symptoms



COUGH



FEVER



SHORTNESS OF BREATH

Call or go to the following respiratory clinics if you are experiencing fever, cough or shortness of breath. If you call one of the following clinics, say **“Corona.”**

| Respiratory Clinics | Telephone | Day and Time of service | Address |
|----------------------------------|---|--|---|
| People’s Community Clinic | 319-874-3000 After hours 319-272-4545 | M-F 8am-7pm Sat 10am-5pm Sun 1pm-4pm | 905 Franklin St Waterloo, IA 50703 |
| MercyOne | 319-272-2273 After hours 319-272-2273 | M-F 8:00am-8pm Sat 10am-6pm Sun 10am-6pm | 155 E. Ridgeway Ave. Waterloo, IA 50702 |
| UnityPoint Clinic | 319- 833-5888 After hours 1800-424-3258 | M-F 8:00am-8pm Sat 8am-8pm Sun 8am-8pm | 1731 West Ridgeway United Medical Park Waterloo, IA 50702 |
| UnityPoint Clinic | 319 226-8420 After hours 1800-424-3258 | M-F 8:00am-8pm Sat 8am-8pm Sun 8am-8pm | 2134 Logan Ave Ste A, Waterloo, IA 50703 |

If You Are Sick

- Stay home or do not go out for 7 days and if you still have a fever stay home until you have had no fever for at least 72 hours (3 days)
- Avoid public transportation, ride-sharing, if you go out for medical care
- Separate yourself from other people and pets in your home
- Monitor your symptoms and follow care instruction from your doctor
- Wear a cloth covering over your nose and mouth
- If you need medical attention, call ahead

If you live, work, or drive with someone who is sick

- Stay home and isolate yourself for 14 days and monitor your symptoms since there is a possibility that you may be exposed
- If you cannot stay home because of your job, wear mask while you are out of the house
- Avoid sharing personal household items, like dishes, towels, and bedding
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs

If you need help with any other issues such as with food and essential items, set up appointments and interpretation with medical providers, applying unemployment, WIC, LIHEAP, and safety and other issues, Call EMBARC at the following number under your language:

| Language | French | Lingala | Swahili | Karenni | Karen | Chin |
|------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Telephone | 515-216-0654 | 515-216-4329 | 515-216-0611 | 515-216-0712 | 515-216-0143 | 515-216-0974 |

If it is life threatening, call 911 and tell them your address