

Getting Better When You're Sick

Many respiratory viruses are spreading this winter. Most people who get sick can safely recover at home without needing to visit the doctor.

Stay Home

- » Get lots of rest
- » Drink plenty of fluids
- » Take over-the-counter medication to relieve fever & discomfort
- » Test for COVID-19 & flu
- » Follow self-care tips by age: bit.ly/3YEwUZF

When to Contact Your Medical Provider

If you have an urgent concern, call an advice nurse or contact your doctor to be guided to care options – from 24/7 advice & quick online e-visits to urgent care & other appointments.

Call for medical advice if:

- » You seem to be getting much sicker
- » You have a fever or cough that improves but then returns or worsens
- » Your chronic medical condition is worsening

When to Get Urgent or Emergency Care

Only call 911 or go to the hospital if your need for care is truly an emergency. These symptoms may require emergency care:

- » Serious breathing problems
- » Chest pain
- » Fast resting heartbeat (120+ beats per minute)
- » Bluish lips, face, skin or fingernails
- » Severe muscle pain
- » Severe dehydration
- » High fever not controlled by fever-reducing medicine

24/7 Advice Nurse:

- » **Contra Costa Health:**
(877) 661-6230
- » **Kaiser Permanente members:**
(866) 454-8855

Self-Care Tips by Age:

bit.ly/3YEwUZF

Medicine Cabinet Checklist:

- Pain- & fever-reducing medicine such as ibuprofen & acetaminophen
- Cold/flu medicine
- Saline spray or drops
- Cough drops
- Thermometer
- Humidifier
- COVID-19 home tests



**For more information,
visit bit.ly/3vZfdqw
or scan the QR code**

