utmb Health
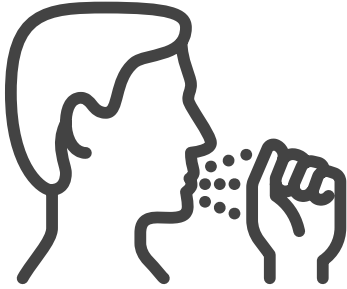
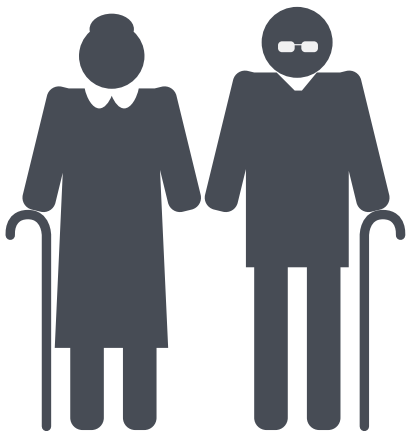# What Do I Do If I'm Sick?

I have…

…mild respiratory symptoms:

- Stay home from work or school. Manage symptoms as you would a cold or mild flu.
- Concerned? Call our Access Center at **(800) 917-8906** to speak with our 24/7 nurse hotline for recommendations.

…more severe symptoms or a higher risk for COVID-19 complications due to my age or other health conditions:

- Call the UTMB Access Center at **(800) 917-8906** to speak with our 24/7 nurse hotline.
- The Access Center recommends the most appropriate location for further evaluation.
- Once at the clinic, you will first be tested for flu (still very common in our region).
- Positive flu test? You will be treated for flu as needed.
- Negative flu test? Your provider will use the most current public health guidelines to determine if you need to be tested for COVID-19.
- Follow your provider's recommendations regarding testing, isolation and management of symptoms.

…shortness of breath or noticed my symptoms getting worse after a few days:
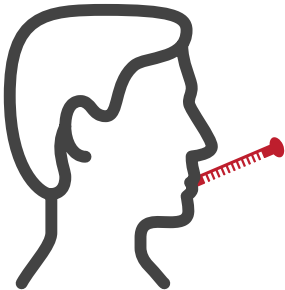
- Call the UTMB Access Center at **(800) 917-8906** immediately. Our nurse hotline is available 24/7.

Remember:

- **80 percent of patients with COVID-19 will have mild symptoms that can be managed at home.**

- **Capacity to test for COVID-19 is improving but still limited.**

- **Always call ahead if you have respiratory symptoms before seeing a doctor.** This gives the clinic time to prepare for your visit to keep other patients and employees safe while ensuring you get the care you need.