

Sangamon County Department of Public Health

Recommendations for Persons Visiting the Health Clinic or Physician's Office

If you have reason to believe you were exposed to COVID19 and have a fever and dry cough, call the local health department; in Sangamon and Menard Counties **call 217-321-2606 (8:00 a.m. – 4:30 p.m. M-F)**.

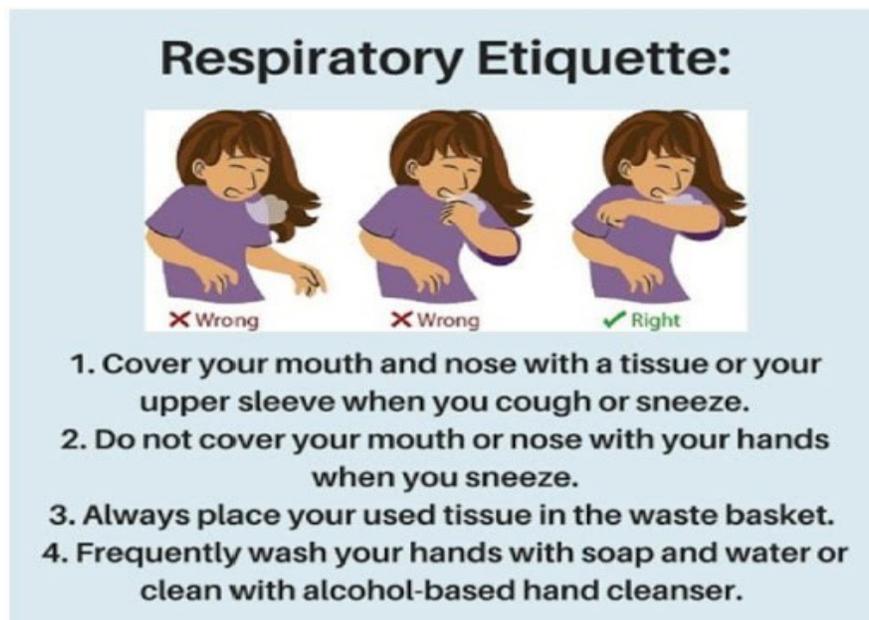
If you have a regularly scheduled office visit, but have developed upper respiratory problems, then speak to your health care provider about rescheduling; otherwise, if having no symptoms, continue with regularly scheduled appointment.

If you have a fever (over 100.4) and upper respiratory or dry cough and the local health department is unavailable, then call your healthcare provider or clinic and speak with a nurse about being seen in the clinic. This will allow the provider to consider and implement safety measures for a clinic visit. If having these conditions, wear a mask before entering clinics or emergency rooms. Covering your nose and mouth will help prevent transmitting the virus to other people and surfaces. Always cover your cough and sneeze; raise your elbow if you have nothing else to cover it.

Other tips:

- Bring only essential people with you like drivers or interpreters (no mere company).
- Be proactive about avoiding contact with items in the doctor's office such as pens, magazines, TV remote controls, etc.; if asked to sign-in, ask about alternatives, use your own pen or keep the pen.
- Maintain a distance of six feet from everyone as much as possible.
- Limit your interaction with other people as much as possible and avoid physical contact with other people.

See <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>



www.scdph.org

Main Campus: 2833 South Grand Avenue East | Springfield, IL 62703-2175 | (217) 321-2606 for corona virus questions , 8:00 a.m. – 4:30 pm, M-F.
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