

COVID-19

Protecting You and Your Loved Ones

We're screening visitors to our hospitals and clinics to prevent the spread of illness to health care providers, other patients, your family, and the broader community.



If you are sick or think you've been exposed

Not everyone needs to be tested. If your symptoms are mild, you should **stay home and self-isolate.**

If you're concerned that you've been exposed or have a question about COVID-19, you can call the COVID-19 Hotline.

North Carolina

COVID-19 Hotline:

866-462-3821

24 hours, seven days a week

Duke

COVID-19 Hotline:

(919) 385-0429

8:00 am to 5:00 pm,

Monday to Friday

If you need medical attention



Call Ahead Before Seeking Care

- If your symptoms worsen and you need to be seen by a provider, call ahead.
- You may get special instructions so your doctor's office or urgent care center can provide you care while protecting others.
- If you are told to go to a medical facility, wear a facemask if you have one.
- If you do not have a facemask, request one upon arrival.



Consider an Online Medical Visit

- Duke Health Anywhere is an online-only way to virtually connect with an on-call provider from any mobile device or computer with a webcam.
- Your virtual visit is secure and offers answers in about 10 minutes.
- Sign up: DukeHealth.org/anywhere

For more information, visit DukeHealth.org

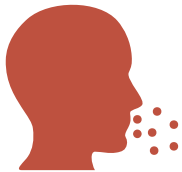


DukeHealth

COVID-19

Help protect against spreading illness

Symptoms of COVID-19 include:

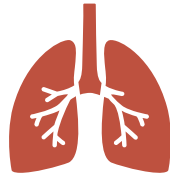


Cough



100.4° +

Fever



Shortness of Breath



The virus usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.

14
days



Symptoms may develop within 14 days of exposure to the illness.

The best way to protect yourself



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.



If you need to call 911

If you have a medical emergency, let the dispatch know you have or are being evaluated for COVID-19.

If possible, wear a facemask before emergency medical service personnel arrive.

For more information, visit [DukeHealth.org](https://www.dukehealth.org)



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