

# Coronavirus (COVID-19) Screening Resources

Parkview recognizes that many people have concerns and questions about symptoms and risk of contracting COVID-19. The majority of people have minor symptoms and do not require medical care or testing. Individuals with minor symptoms are advised to stay home rather than seek testing or medical care.

This information has been developed to help you understand when to seek care.

## **Q&A: Testing for COVID-19**

### If you have:

- Cough  
and
- Fever of 100 degrees or higher  
and
- Traveled to China, South Korea, Italy or Iran, or are concerned that you have been exposed through other contact  
and
- Do NOT have difficulty breathing

### You should:

Stay home with support in isolation. Rest, stay hydrated, use ibuprofen or acetaminophen as needed for fever. If you have questions, call your Parkview Physicians Group office or 1-877-PPG-TODAY for a free phone screening. Performing a screening over the phone will allow medical review while limiting exposure to others.

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- Cough  
and
- Fever of 100 degrees or higher  
and

- Traveled to China, South Korea, Italy or Iran or are concerned that you have been exposed through other contact  
and
- Do NOT have difficulty breathing but have flu-like symptoms such as muscle aches, chronic diseases such as diabetes, heart failure, COPD, asthma, are immunocompromised or have concerns to discuss with a nurse

### You should:

Call your Parkview Physicians Group office or 1-877-PPG-TODAY for a free phone screening. Performing a screening over the phone will allow medical review while limiting exposure to others. If it's determined that you need to be seen in person, you will receive instructions on the facility at which to be seen.

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and
- Traveled to China, South Korea, Italy or Iran, or are concerned that you have been exposed through other contact  
and
- Do have difficulty breathing

### You should:

Seek care at an emergency department.