

EASTERN SHORE OF VA COVID-19 GUIDE

COVID-19 Symptoms – UPDATED!

Per the Centers for Disease Control and Prevention (CDC) people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Children have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.



Eastern Shore
Rural Health
System
INCORPORATED
Quality Family Healthcare

What To Do If You Think You May Have COVID-19

If you have symptoms that require medical attention, please call your family doctor **BEFORE** visiting the doctor's office.

If your symptoms are severe and you believe you need emergency treatment, please call the Riverside Shore Memorial Hospital ER BEFORE walking in. 757-302-2350.

Calling first will help to keep you and the Shore's medical professionals safe from the virus.

If you have non-covid symptoms that are life- or limb threatening, the Riverside ER is ready to help you and will keep you safe from the virus.

How to Get Groceries & Prescriptions Delivered If You are High Risk for COVID-19

The Shore Delivery Corps offers a free delivery service. Call 757-801-9950 or go to shoredelivery.org for information. You must pay for the groceries and prescriptions before the items are delivered.

What To Do If You Test Positive for COVID-19 – A Message From Your Health Department

If you have tested positive for COVID-19, alert everyone you've been within 6 feet of for more than 10 minutes while you were sick, and during the 48 hours before you developed symptoms.

1. Write down day, date and time your symptoms began.
2. List everyone who was in your household since becoming sick.
3. Write down your other close contacts from work, in a car, in or near your home, and in other places.
4. Call or text all your contacts to tell them you are sick. Tell them the health department recommends:
 - Stay home for 14 days since you were together and to be on the lookout for symptoms of COVID-19.
 - Avoid contact with others (don't share personal items, use separate bedrooms and bathrooms if possible).
 - Keep at least 6 feet from others, wear a face mask, wash hands often, and clean and disinfect high-touch surfaces every day.
 - If they get sick they should follow the steps above and notify everyone they have been in contact with. They should also call their doctor to let them know they were exposed to someone with COVID-19 and are now sick.