

Novel Coronavirus Disease (COVID-19)

Symptoms

- Any type of cough, not just dry
- Runny Nose
- Headache
- Sore Throat
- General feeling of being unwell
- Shortness of breath
- Breathing difficulties
- Fever ($\geq 100.4^{\circ}\text{F}$) or chills

1-855-600-3453

Coronavirus Hotline

or

(505) 827-0006:

New Mexico Department of Health
(NMDOH)

Emergency warning signs for COVID-19 get medical attention immediately.
Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

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

News about COVID-19 (Coronavirus) may create anxiety & other mental health concerns. As the State of New Mexico's professional mental health line, we maintain a solution focused approach built on validation, normalization, and access to resources.

855-662-7474.

The New Mexico Crisis & Access Line
(NMCAL)

10 things you can do to manage your health AT HOME *If you have possible or confirmed COVID-19:*



1. Stay home from work, school, & away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.



3. Get rest & stay hydrated.



4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.



6. Cover your cough and sneezes.



7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, stay in a specific room and away from other people in your home. If you need to be around other people in or outside of the home, wear a facemask.

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding

10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

<https://cv.nmhealth.org/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Albuquerque Fire Rescue
Home Engagement Alternative Response Team

