

When to Go to the Hospital for COVID-19

Don't be afraid to go to the hospital; hospitals are safe places for care. Protective measures are in place to prevent the spread of COVID-19.

RED = SEVERE SYMPTOMS

If you are experiencing a medical emergency, call 911.

Go to the nearest hospital right away. Do not ignore your body's warning signs. Delaying treatment can have serious, even deadly consequences.

Symptoms that may indicate a life-threatening emergency:

- Shortness of breath or difficulty breathing
- Chest or upper abdominal pain or pressure
- Sudden dizziness, weakness or fainting
- Sudden change to vision
- Confusion, sudden change in your mental status
- Sudden or severe pain
- Uncontrolled bleeding
- Severe vomiting or diarrhea
- Vomiting or coughing blood
- Difficulty speaking

Severe COVID-19 symptoms to watch:

- Shortness of breath while at rest
- Dry cough, fever, breathing getting more difficult
- Significant or worrisome cough that is increasing
- Confusion or sudden change in mental status
- Chest pain
- Low oxygen levels
- Extreme sleepiness or inability to wake
- Blue face or lips

YELLOW = MODERATE SYMPTOMS

If you are not experiencing shortness of breath, but are getting sicker, you may need to be evaluated by a medical professional. If you're concerned, we want to see you.

Symptoms to watch closely, especially in combination:

- Fever with muscle aches and fatigue
- Reduced sense of taste and smell
- Severe diarrhea and other stomach problems
- Increasing dry, persistent cough that is worsening

GREEN = MILD SYMPTOMS

If you think you were exposed to COVID-19, or have mild symptoms, do NOT come to the hospital. You will not be tested. If you have mild symptoms, you can schedule a test at certain St. Luke's clinics, which are listed on the COVID-19 resource page at [stlukesonline.org](https://www.stlukesonline.org).

If you are experiencing mild symptoms:

- Stay at home. Self-quarantine is critical to stopping coronavirus spread.
- Use St. Luke's self-triage tool in myChart; it will help determine what to do next. MyChart accounts can be created at [stlukesonline.org](https://www.stlukesonline.org).
- If self-triage indicates you should be tested, you can schedule an appointment in myChart.
- A COVID-19 hotline offers instructions or assistance at 208-381-9500.
- Wear a mask, social distance, wash your hands often, and disinfect high-touch surfaces.

