



THINK YOU HAVE COVID-19?

STOP, READ & FOLLOW

THESE INSTRUCTIONS
FROM M.D. EXPRESS
URGENT CARE TO **STOP THE
SPREAD OF THE VIRUS**
AND MAKE SURE **YOU GET
THE RIGHT CARE QUICKLY.**

**If You Have Any Of These Symptoms,
Go To The Emergency Room Or Call 911:**

- ✓ **PERSISTENT CHEST PAIN OR PRESSURE**
- ✓ **TROUBLE STAYING AWAKE**
- ✓ **PROTRUDING BONES**
- ✓ **HEAD INJURY**
- ✓ **CONFUSION**
- ✓ **STROKE**

**Most mild to moderate cases of
COVID-19 can be treated at home.
Cases with more severe symptoms
should be evaluated by a provider.**

If Your Symptoms Are Mild, Like A Cold:

(low-grade fever, nasal congestion, runny nose, sore throat, mild, dry cough, mild body aches)

- ✓ **STAY HOME. ISOLATE YOURSELF. KEEP EVERYONE IN YOUR HOUSEHOLD HOME, TOO.**
- ✓ **WEAR A FACE MASK. IF ANYONE LEAVES THE HOUSE, THEY SHOULD WEAR A FACE MASK.**
- ✓ **REST AND DRINK PLENTY OF FLUIDS UNTIL YOU FEEL BETTER.**
- ✓ **MONITOR YOUR SYMPTOMS AND TEMPERATURE EVERY DAY AND WRITE THEM DOWN.**

Why Time Slots:

- ✓ **GIVES OUR TEAM TIME TO PREPARE FOR YOUR ARRIVAL.**
- ✓ **RESERVES YOUR SPACE IN LINE, NOT AN APPOINTMENT.**
- ✓ **HELPS US MINIMIZE THE RISK OF SPREADING COVID-19 TO OTHERS.**
- ✓ **EMERGENCIES HAPPEN!**

Please be gracious and kind to our staff for being
there to help through this pandemic! They are heroes!

**M.D.
ExpressSM
URGENT CARE**

Visit www.mdexpressva.com to learn more about treatment for COVID-19 and how to care for yourself
and others at home. Remember, at M.D. Express Urgent Care, *The Doctor is Always in!*