

The Doctor is Always in!

WE'RE HERE WHEN YOU NEED US.



Need a COVID test?

WHAT YOU NEED TO KNOW



Whether you are feeling symptoms of COVID-19 or have been exposed to COVID-19, you have options.

The Virginia Department of Health (VDH) provides a list of COVID-19 testing sites based on your location. Visit [VDH online](#) to determine which location is most convenient for you.

CVS, Rite Aid, Walgreens and other local pharmacies offer drive-thru and at-home COVID-19 testing kits. Please check the pharmacy websites for information on appointments and processes.

M.D. Express offers COVID-19 testing for patients who are experiencing symptoms or may need testing to confirm diagnosis. Visit [mdexpressva.com](#) for more information. We are unable to test for travel, work, school, concerts and events.

If you have a primary care provider with Riverside, we encourage you to use the COVID-19 E Visits Assessment Form that can be found in [Riverside MyChart](#). This form goes directly to your provider to help determine if testing is needed.

FAMILY MEDICINE | VIDEO VISIT

- Minor Illness or Injury
- Fever/Flu
- Cold/Cough
- Sprains & Joint Pain
- Ear Ache
- Skin Conditions (*rash/bruises*)
- Urinary Tract Infection
- Wellness Visit
- Sports Physicals

URGENT CARE

- Non-Life Threatening Injury
- Broken Bones (*not protruding*)
- Minor Infections
- Sprains, Cuts
- Sore Throat
- Burns (*minor*)
- Family Medicine Illness/Wellness Issues
- Evening and Weekend Medical Needs

EMERGENCY CARE

- Life Threatening or Severe Injury
- Breathing Difficulties
- Traumatic Injuries
- Head Injury
- Chest Pain / Heart Attack
- Stroke
- Severe Allergic Reaction
- Deep Wounds
- Broken Bones (*bone protruding*)
- Severe Abdominal Pain (*vomiting/diarrhea*)

Still Not Sure Where To Go?

Our Team Is Here To Help You!

www.mdexpressva.com/covid-19

Hampton 757-224-0056 • Newport News 757-369-9446
Yorktown 757-890-6339 • Williamsburg 757-564-3627
Gloucester 804-824-9962

Do not go to your local Emergency Department for a COVID-19 test. If you have emergency symptoms like trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, seek medical care immediately.