



POSSIBLE COVID-19 SYMPTOMS:

Are you experiencing any symptoms including
Fever, Cough, or Shortness of Breath or
Difficulty Breathing

SCREENING & TESTING OPTIONS

If you have mild to moderate symptoms of COVID-19, you may need to be tested. Screening and testing are free for everyone, no matter your insurance status or co-payment or in-network requirements. Use the resources below to get support.

Online

Visit [IntermountainHealthcare.org](https://www.intermountainhealthcare.org) to use the new COVID-19 Symptom Checker.

By Phone

Call the COVID-19 hotline at **844.442.5224** to speak with a nurse about symptoms, testing options, and more.

Via the Connect Care App



Download Connect Care for convenient, urgent care visits from home. Available 24/7/365. This free app is available in:



In Person

Drive-thru screening sites are available for those experiencing mild to moderate symptoms. Visit [IntermountainHealthcare.org](https://www.intermountainhealthcare.org)/COVID-19 for a full list of testing locations.

For severe symptoms visit an emergency room or call 9-1-1.



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WAYS TO GET CARE

▶ Many of our clinics and healthcare providers are now offering appointments using **video** or **phone**. Please reach out to your care provider to find out if this is an option for you. If you have an in-person medical appointment with your doctor, or decide to go to the emergency department, call ahead and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

▶ Visit your InstaCare location or by using the **Connect Care** App



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▶ **Emotional Health Relief Hotline** is a free resource available to anyone who is seeking emotional health guidance during these uncertain times. Call **833.442.2211** to speak with a caregiver, available every day from 10am – 10pm.

FOR PATIENTS WITH APPOINTMENTS

- Cough
- Fever _____
- Awaiting COVID results/confirmed COVID

**Please report to the front desk
and show this card.**