COVID-19
SYMPTOMS & HELP

DRY COUGH & FEVER

- Cough without phlegm or mucus
- Always cover your cough, preferably with your elbow.

Take your temperature if you feel sick. Monitor for fever.

DIFFICULTY BREATHING

Shortness of breath, trouble catching your breath, not related to physical exertion.

Other possible symptoms include:
- Runny nose
- Headache
- Sore throat
- Generally feeling unwell

IF YOU'RE SICK...

Stay Home & Call the NM Department of Health

Get Help while avoiding spread. Call the NM Department of Health hotline at 855-600-3453 for guidance.

For Updates - http://cv.nmhealth.org/

For child care, financial, insurance and other questions, call: 1-833-551-0518.