

# COVID-19

## SYMPTOMS & HELP

### DRY COUGH & FEVER



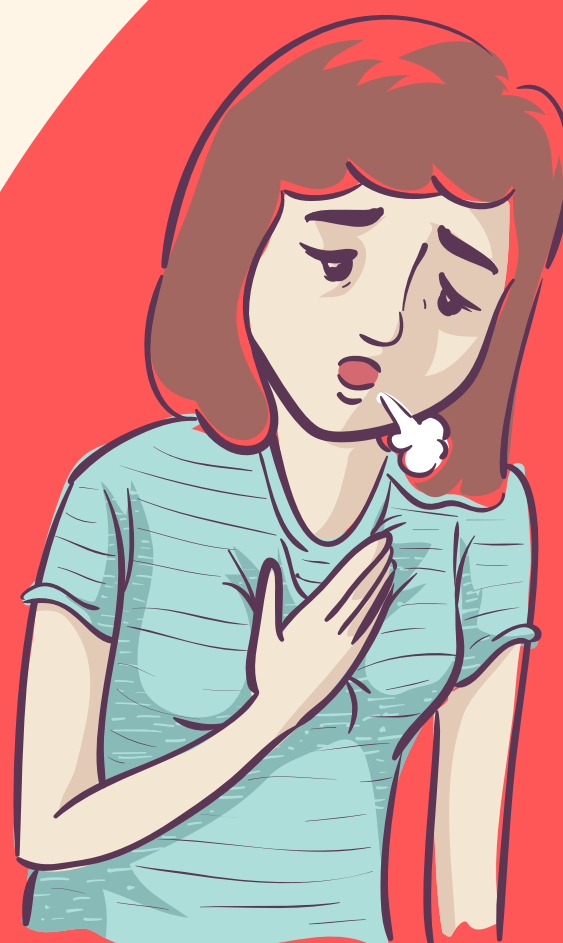
- Cough without phlegm or mucus
- Always cover your cough, preferably with your elbow.

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



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

### 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/>