

# COVID-19

## SYMPTOMS & HELP

### COUGH & FEVER



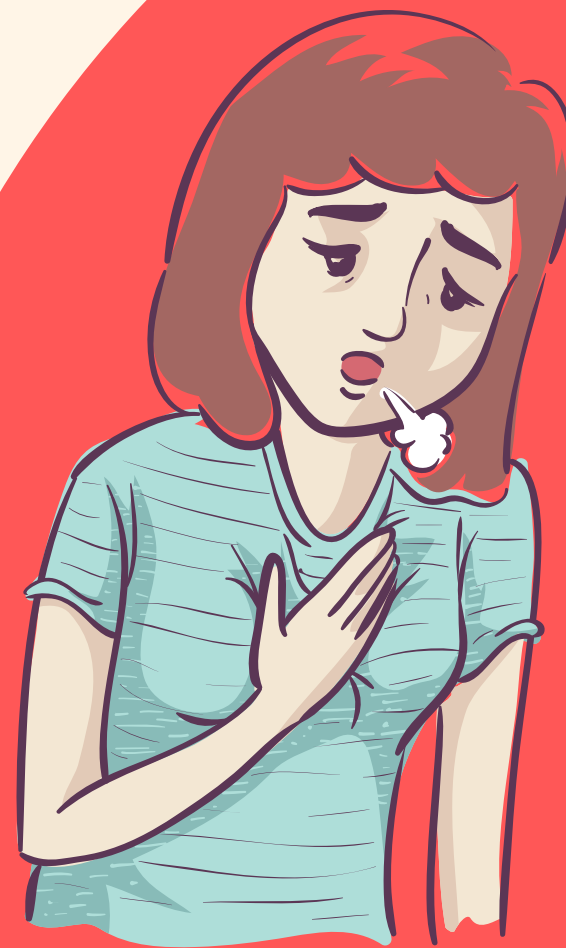
- Fever and/or chills
- Repeated shaking with chills
- Always cover your cough, preferably with your elbow.

Take your temperature if you feel sick. Monitor for fever of 100.4 or higher



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:

- muscle pain
- headache
- sore throat
- new loss of taste of smell

### 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/>



**cyfd**

New Mexico Children,  
Youth & Families Department