COVID-19

SYMPTOMS & HELP

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/

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.

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

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