

COVID information:

Possible Symptoms: Fever, chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste/smell, sore throat, congestion/runny nose, nausea/vomiting, and/or diarrhea. Individuals may also develop patchy, red, itchy skin rash.

Severe Case of COVID-19: experience of weakness, lethargy, and fever for prolonged period of time.

Symptoms may appear 2 to 14 days after exposure to the virus. Symptoms usually appear between 5 to 11 days after exposure.

Recovery in a mild case may take about 2 weeks after exposure. Recovery in severe cases may take six weeks or more. Hospitalization may be needed. Individuals with underlying medical conditions, like heart or lung conditions, diabetes or individuals with immunocompromising conditions are at risk for developing more serious complications from COVID.

Length of quarantine: It is best to remain in isolation for 2 to 3 weeks after exposure. Important to wear a mask when going out in public.

CDC Rule of Thumb Guidance for reentry into community. Need to stay away from other people for 10 days after the onset of symptoms. Need to be fever-free for 24 hours (without the intact of fever-reducing medications [Ibuprofen or Tylenol] and a reduction in any other symptoms.

Practice social distancing, wear a mask, and frequent handwashing once feeling better.

Information Site for testing, vaccines, treatment, and other information: <https://cv.nmhealth.org/>

Schedule Your Vaccination: <https://goodtimes.vaccinenm.org/stay-ahead-nm/>

Finding a testing Site: <https://cv.nmhealth.org/covid-19-testing/>

Specific Isolation Instructions: <https://cv.nmhealth.org/how-to-isolate-when-positive/>

Las Clinicas del Norte: 1-575-581-4728.