
Respiratory illness guidance for adults



Symptoms requiring medical attention

- **Fever that does not respond to fluids, rest and fever-reducing medications.**
- **Extreme fatigue.**
- **Confusion.**
- **Headache that does not go away.**
- **Chest pain.**
- **Labored breathing and a persistent cough.**
- **Neck stiffness.**
- **Stomach pain.**
- **Vomiting and dehydration.**
- **Back pain.**
- **Weak legs or feet.**
- **Severe muscle pain.**



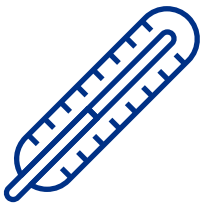
Self-care at home

Stay home and manage mild symptoms of colds, flu, COVID-19 or RSV with proper nutrition, rest, hydration and over-the-counter medications such as acetaminophen and ibuprofen to manage a fever.



Need medication guidance?

Call your primary care provider or a Samaritan pharmacy. Find a pharmacy at samhealth.org/Pharmacy.



Worsening symptoms?

- **Initiate an E-Visit.** Log on to MyChart at samhealth.org/MyChart or download the MyChart app. This is often the fastest way to access the care you need.
- **Connect with your primary care provider.** Use MyChart to schedule an appointment or call the clinic to see if same-day appointments are available.
- **Try VirtualCare.** Patients covered by Samaritan Health Plan or OHP through IHN-CCO are eligible. Visit VirtualCare.samhealth.org to learn more.

Go to an urgent care if:

Your primary care provider is not available.

Go to an emergency department if:

You are experiencing one or more of the following:

- *Difficulty breathing or breathing very quickly.*
 - *Severely dehydrated.*
 - *Fainting.*
 - *Fever above 105 degrees.*
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Samaritan
Health Services

samhealth.org/WhereToGo