



## COVID-19 HEALTH TIPS

# When To Seek Care

To ensure the sickest people receive care, help minimize the spread of infection and maintain resources, please follow the guidelines below when considering whether to seek medical care.

### Stay home

If you are worried-well, **please stay home.**

Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.

### Call for advice

If you are **ill, but would not have sought care** if not for COVID-19, do not seek care at an ER, hospital or doctor's office.

If you want advice, **call the Kentucky state hotline (1-800-722-5725)** or **call your local healthcare provider.**

### Seek care

If you are **sick and feel you have an emergency**, please call your doctor or **seek medical care.**

**Hospitals and medical staff across the commonwealth stand ready to serve you.**

Please visit [kycovid19.ky.gov](https://kycovid19.ky.gov) for the latest updates on COVID-19 in Kentucky or call the Kentucky state hotline at **1-800-722-5725**