
As more Americans show symptoms of the coronavirus, Mount General Memorial Hospital is offering this guidance for those who think they have been exposed. If you suspect you have COVID-19, or another virus, please follow these steps to safely monitor your symptoms at home, know when to seek care, and know the guidance for who should be tested.

Avoid going to the Emergency Room or Doctor's Office to limit exposure to other patients and health care workers, unless you are severely ill.

- **If you feel sick**, stay home and call your health care provider.
- **If you have symptoms for more than 3 or 4 days**, call [1-800-555-5555](tel:1-800-555-5555) for immediate advice. If needed, you will be connected to a clinician who will help determine if you need to seek treatment, or if you should stay home and continue to monitor your symptoms to prevent exposure to others.
- **If you may have come in contact with a person who is sick**, you will likely be asked to self-isolate or schedule a time for further evaluation. Most cases of the virus involve mild and moderate symptoms of fever and cough and can be safely managed at home.

CALL 911 IF YOU ARE HAVING TROUBLE BREATHING.

If You Have a Scheduled Appointment

We encourage everyone, particularly the elderly and people with chronic health conditions, to stay home, limit travel and exposure to the virus. Mount General Memorial Hospital is postponing most elective surgeries and procedures. If you have a scheduled appointment for a routine check-up or other non-emergency care, we encourage you to have a telephonic visit with a provider. Contact your Mount General Memorial Hospital provider directly or call us at [1-800-555-5555](tel:1-800-555-5555).

To find a primary care doctor, call [1-800-555-5555](tel:1-800-555-5555) and we'll help find a doctor to fit your needs. For more information about our health services, call [1-800-555-5555](tel:1-800-555-5555) or visit www.mtgeneralmemorial.org/services.

OUR HOSPITALS

Mt. General Memorial Hospital

2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100