



# CONFRONTING COVID-19

Created March 30, 2020

## CORONAVIRUS SYMPTOMS INCLUDE:

**A Fever**

**A New Cough**

**Shortness of Breath**

### Seek treatment by calling your doctor first if:

- You have difficulty breathing (shortness of breath)
- You feel like symptoms (such as fever and cough) are getting rapidly worse
- You are unable to care for symptoms at home

If you need to go to the hospital, **call ahead** so they can prepare for your arrival.

If you need to call 911, tell the 911 operator you're experiencing coronavirus symptoms so the ambulance provider can prepare to treat you safely.

## You Can...

- Go to the grocery, convenience, or warehouse store
- Go to the pharmacy to pick up medications and other healthcare necessities
- Go to medical appointments (check with your doctor or provider first)
- Go to a restaurant for take-out, delivery, or drive-thru
- Care for or support a friend or family member
- Take a walk, ride your bike, jog, and be outdoors for exercise – just keep at least six feet between you and others in the community
- Walk your pets and take them to the veterinarian if necessary
- Help someone to get necessary supplies

## You Should Not...

- Go to work unless you are providing essential services as defined by the Order
- Visit friends and family if there is no urgent need
- Maintain less than 6 feet of distance from others when you go out
- Visit loved ones in the hospital, nursing home, skilled nursing facility, or other residential care facilities
- Play group sports or engage in outdoor activities in groups of any size

**UPDATES REGARDING THIS  
ORDER CAN BE FOUND AT  
GLENDALECA.GOV/COVID19ORDERS**

To view all of the Emergency Orders or for Frequently Asked Questions, visit **Glendaleca.gov**

Para más información visite **Glendaleca.gov**

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**Glendaleca.gov**

**For more information contact the Glendale COVID-19  
hotline at (818) 548-3301**

Monday - Thursday, 7:30 am - 5:30 pm & Friday, 8:00 am - 5:00 pm

   @MyGlendale