

# What you need to know about coronavirus (COVID-19)

At Atrium Health, we're here to make sure you and your family are safe, cared for and informed. Here's what you need to know right now.

## Common symptoms of coronavirus



Fever



Fatigue



Headache



Cough



Shaking or chills



Sore throat



Shortness of breath or difficulty breathing



Muscle pain



New loss of taste or smell



Nausea or vomiting



Diarrhea



Congestion or runny nose

## What to do if you feel sick



### Stay home

Most people with COVID-19 have mild to moderate symptoms and can recover at home. Rest up and prevent germs from spreading by staying home and away from others for 10-14 days without testing depending on the quarantine requirements of local public health authorities.



### Options for testing and care



**Schedule a test online at [MyAtriumHealth.org](https://MyAtriumHealth.org)**

Don't have an account? [Sign up for one now.](#)



**Make an appointment with your primary care provider.**

[Call their office or schedule online.](#) Don't have a doctor?

Call 704-468-8888



**Go to Urgent Care.**

Walk in or reserve your spot [at a location near you.](#)



**If your health problems are a threat to your life, call 911 right away.**

## Tips for staying healthy



**Get the COVID-19 vaccine**



**Wear a mask or cloth face covering in public**



**Wash your hands with soap and water**



**Stay home if you have been exposed to COVID-19 or have symptoms**



**Clean and disinfect surfaces and objects people touch often**



**Keep a distance (6") from anyone who doesn't live in your household**