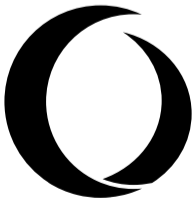
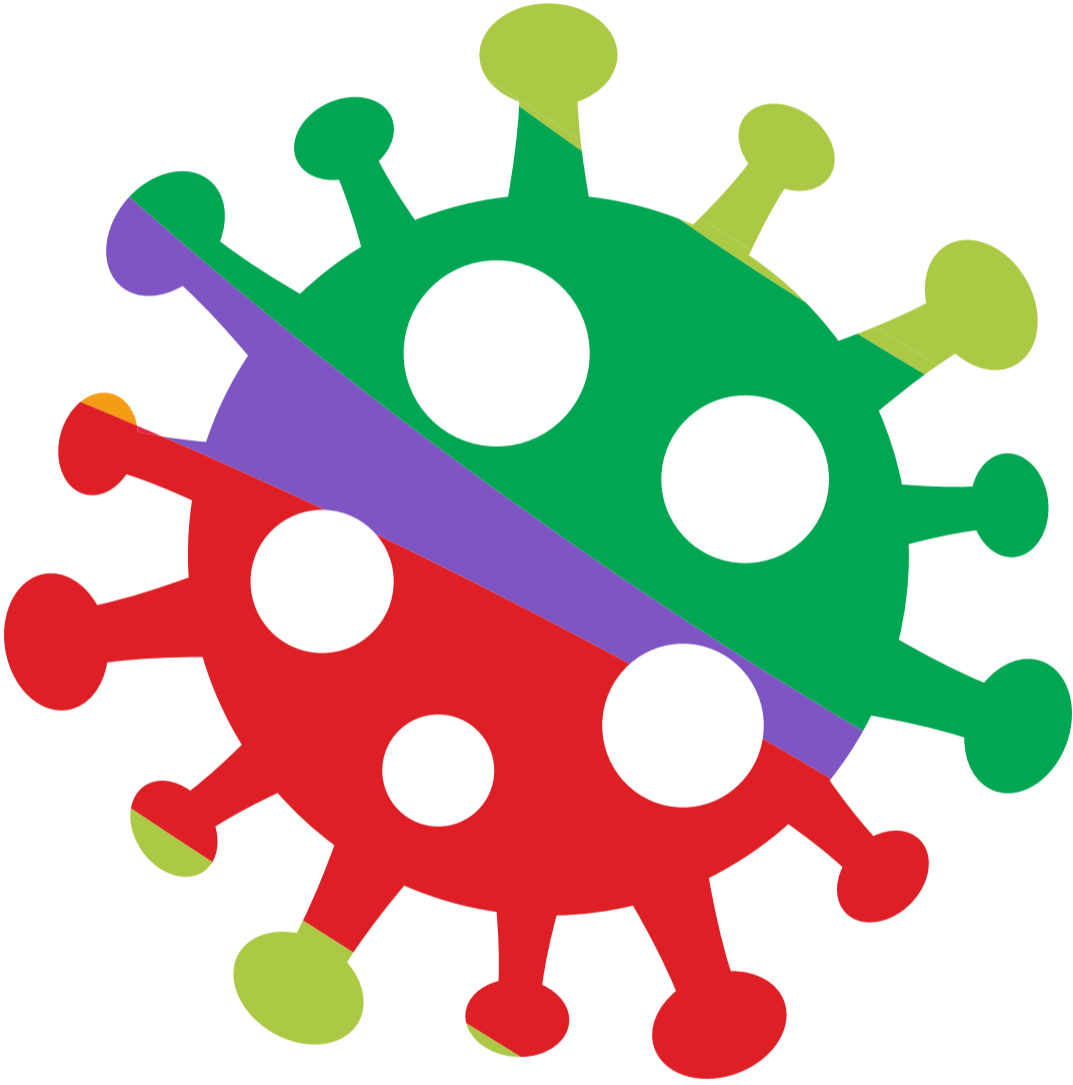


# CORONAVIRUS

## RESOURCE CHARTS



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# CORONAVIRUS RESOURCE CHARTS

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SYMPTOM CHECKER	3
REDUCE THE RISK & SPREAD	4
MANAGING COVID-19 AT HOME	5
URGENT CARE LOCATIONS MAP	6



**OGDENCLINIC**

**801-475-3000**

[ogdenclinic.com/covid19](https://ogdenclinic.com/covid19)

# SYMPTOM CHECKER

Do I have coronavirus, the flu, or the common cold?

SYMPTOMS	COVID-19	FLU	COLD
ONSET	VARIABLES	ABRUPTLY	GRADUALLY
FEVER	COMMON	YES	RARE
SHORT OF BREATH	IN SERIOUS CASES	SOMETIMES	RARE
COUGH	VERY OFTEN	YES	MILD - MODERATE
MUSCLE ACHES	SOMETIMES	YES - OFTEN	MILD - MODERATE
EXHAUSTION	SOMETIMES	YES	MILD
SORE THROAT	RARE	SOMETIMES	YES
RUNNY NOSE	RARE	SOMETIMES	YES
HEADACHE	SOMETIMES	YES	RARE
SNEEZING	SOMETIMES	SOMETIMES	YES
VOMIT/DIARRHEA	RARE	SOMETIMES	NO
DURATION	UP TO 14 DAYS	7 TO 14 DAYS	7 TO 10 DAYS

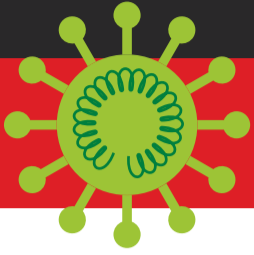


**\*If you develop emergency warning signs get medical attention immediately.**

**Emergency warning signs include:**

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

# REDUCE THE RISK & SPREAD OF CORONAVIRUS



## HOW DOES COVID-19 SPREAD?

### Person-to-person spread

- The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.
- People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

### Contact with contaminated surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.



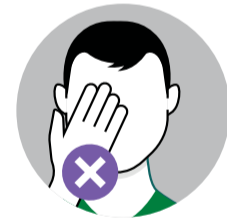
## HOW CAN I PROTECT YOURSELF?



Regularly clean your hands with an alcohol-based hand rub or wash with soap & water.



Maintain feet distance between yourself & anyone who is coughing or sneezing.



Avoid touching eyes, nose, mouth, & face with unwashed hands.



Avoid social gatherings in groups of 10 or more.



Clean & disinfect frequently touched objects & surfaces.



Stay informed on the latest developments about COVID-19.

*Source: Utah Department of Health, World Health Organization, The Center for Disease Control.*

This list is not all inclusive. For the most current information about COVID-19, please visit: [www.cdc.gov](http://www.cdc.gov) or [www.coronavirus.utah.gov](http://www.coronavirus.utah.gov)

# Managing COVID-19 Symptoms at Home



**1.** Avoid leaving your home and quarantine yourself into one room of the house. Stay in a specific room and away from other people in your home.



**6.** Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



**2.** Get plenty of rest and stay hydrated. Use over-the-counter medicine to treat fever.



**7.** Clean and disinfect all surfaces that are touched often, like counters, tabletops, and doorknobs.



**3.** Monitor your symptoms. Seek prompt medical attention if your illness is worsening.\*



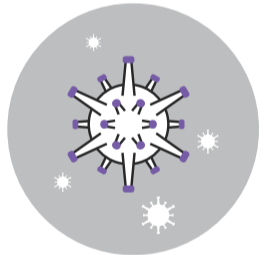
**8.** Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.



**4.** Avoid contact with people who may be at risk for severe complications from COVID-19 illness.



**9.** Stay informed on the latest developments about COVID-19 by checking reliable sources such as [www.cdc.gov](http://www.cdc.gov).



**5.** Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



**10.** If you have a medical appointment, call your provider ahead of time and tell them that you may have COVID-19.

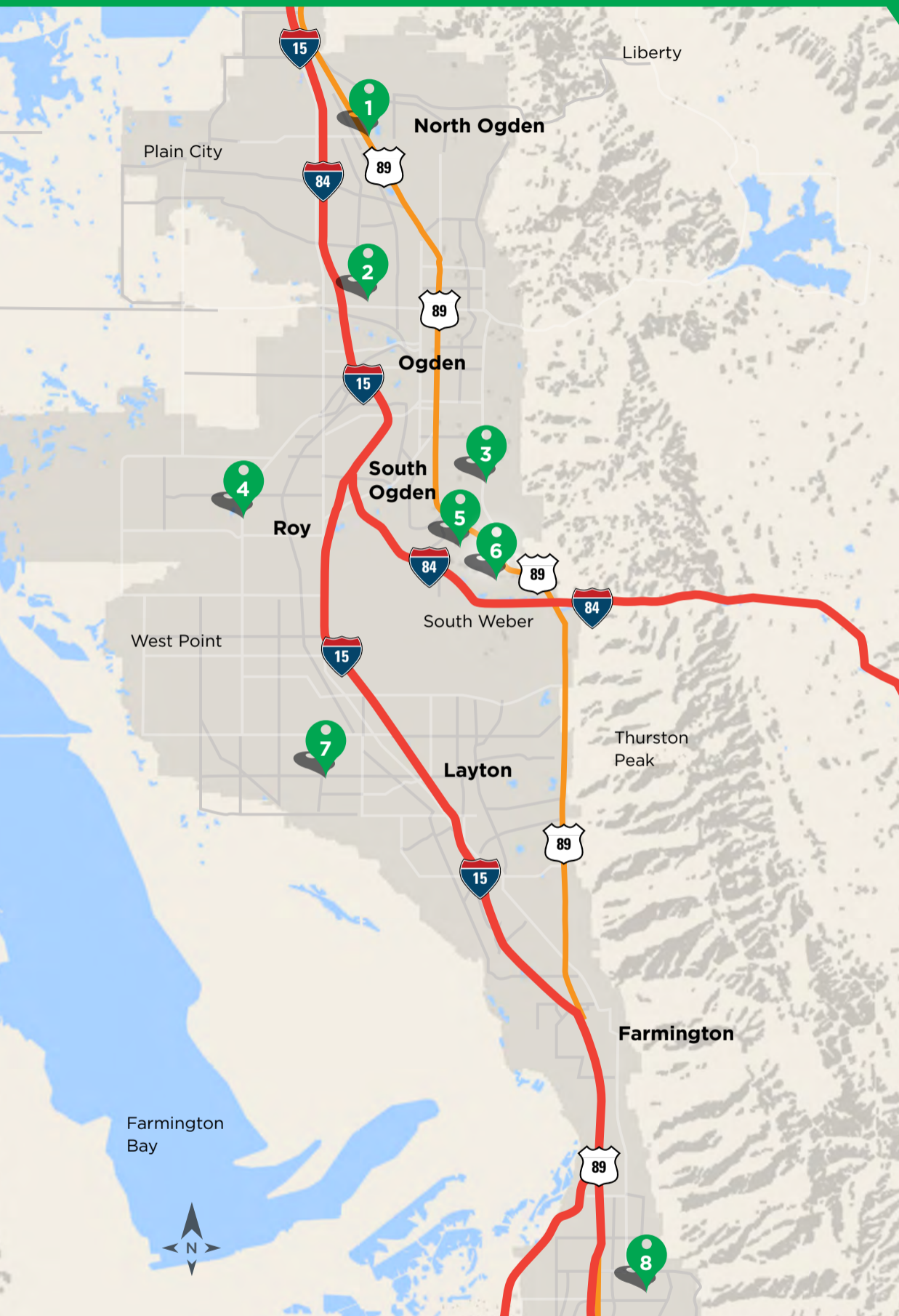


**\*If you develop emergency warning signs get medical attention immediately.**

## Emergency warning signs include:

- Difficulty breathing or shortness of breath
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# COVID-19 PARKING LOT VISITS & TENT LOCATIONS



**1. Mountain View**  
1100 W. 2700 N.  
Pleasant View, UT

**2. Canyon View**  
1159 E. 12th St.  
Ogden, UT

**3. Professional Center**  
4650 Harrison Blvd.  
Ogden, UT

**4. Grand View**  
3485 W. 5200 S.  
Roy, UT

**5. South Ogden Family  
Medicine**  
5740 Crestwood Dr.  
South Ogden, UT

**6. Skyline**  
6112 S. 1550 E.  
South Ogden, UT

**7. Davis Family Physicians**  
3225 W. Gordon Ave.  
Layton, UT

**8. Cope Family Medicine**  
185 S. 400 E.  
Bountiful, UT

These tents are reserved for patients with flu-like symptoms and help limit the spread of infectious germs inside each facility.



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**Important: Patients experiencing flu-like symptoms should call ahead to schedule a visit at: 801-475-3000.**