



Acute Respiratory Illness  
**Precautions and Recommendations**

Information for patients not transported by EMS

***If you get worse:***

- **Contact your health care provider.**
  - If it is an emergency, go to the Emergency Department or call 911.
  - Upon first contact with any healthcare provider (physician, ambulance, emergency room or clinic) inform them immediately that you have a cough/fever so that they can treat you promptly and appropriately.
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- **Our physicians recommend that you take medications that you normally use for cough/fever. If under age 15 do not take aspirin or aspirin containing products.**
  - Continue to take your regular medications unless your physician advises you otherwise.
  - Stay at home until you have no fever for 24 hours without the use of fever-reducing medication.
  - Avoid close contact with others.
  - Cover your mouth when sneezing, blowing your nose or coughing.
  - Avoid touching your eyes, nose and mouth. ***Germs spread this way.***
  - Wash hands frequently and always after coughing/sneezing, etc. Use soap and water or alcohol-based hand rubs.
  - Do not share glasses, cups, utensils, toothbrushes.
  - Clean hard surfaces (especially in commonly used areas: bedroom, kitchen, bathroom) with standard household disinfectants.
  - **Contact your physician if you have any further questions or if your condition worsens.**

**NYS Novel Coronavirus Hotline**

Call 1-888-364-3065 for Information about Coronavirus

LOCAL Health Department/COVID-19 Hotline

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