



# DON'T DELAY IN GETTING EMERGENCY CARE

If you are having a health emergency, seeking immediate medical care can mean the difference between life and death.

But fear of COVID-19 may be keeping people from seeking emergency medical care. The CDC says visits to the ER are down almost 50%.



CALIFORNIA SCHOOLS  
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## PRECAUTIONS HOSPITALS TAKE TO ENSURE YOUR SAFETY



### COVID-19 guidelines

Extra measures include required face coverings, special check-in procedures, improved layout to ensure safe 6-foot distance, separate units for COVID-19 patients, and daily screenings for all entrants.



### Strict cleaning protocols

Facilities are cleaned more often including patient rooms, equipment and waiting areas. For instance, equipment and rooms are cleaned after each appointment.














### More flexibility

While there are visitor restrictions in place, new options also are being offered such as virtual visitors, delivery or pick-up, and text alerts.

## WHEN TO SEEK IMMEDIATE CARE

You should go to the emergency room or call 911 if you or a loved one experience any serious medical symptom. Examples of serious medical symptoms are:

-  Difficulty breathing, shortness of breath
-  Difficulty speaking
-  Sudden face drooping
-  Chest/upper abdominal pressure or pain
-  Seizure
-  Sudden or severe pain

-  Uncontrolled bleeding
-  Choking
-  Severe burn
-  Head injury with passing out, fainting, or confusion
-  Severe or persistent vomiting or diarrhea