

# CORONAVIRUS (COVID-19)

# WHEN TO SEEK CARE

University of  
Massachusetts  
Amherst

IF YOU'RE EXPERIENCING COVID-19 SYMPTOMS – HERE IS SOME GUIDELINES ON WHAT DO NEXT.



## STAY HOME

If you are worried, but well, please stay home.

Going to a hospital or a doctor's office when well adds a higher number of people and can overwhelm the healthcare system.

If you need emotional support during this time: Students call CCPH (413) 545-2337, Faculty and Staff call FSAP (413) 545-0350 or email [cag@umass.edu](mailto:cag@umass.edu)



## CALL FOR HEALTH ADVICE

If you are sick with mild or moderate symptoms of COVID-19.

- UMass students and UHS patients: Call the Triage Advice Nurse at (413) 577-5229
- Faculty and Staff: Call your health care provider before going to their office



## SEEK CARE

If you are sick and feel you have an emergency, call your health care provider or seek medical care. If you call 911 please alert them of your COVID-19 symptoms.