Don't Put Your Health On Hold During COVID

Why is it important to keep up your routine healthcare during the pandemic?

Efforts to reduce the spread of COVID-19, such as stay-at-home orders, have led to decreased use of routine preventive medical services, including immunizations. Routine vaccinations are essential for protecting individuals and communities from diseases and outbreaks. They help prevent illnesses that lead to unnecessary medical visits, hospitalizations, and further strain on the healthcare system. Putting off routine care may lead to more serious issues and ignoring these signs and symptoms can be more dangerous than getting COVID-19.

When should I see a doctor in person?

If you have a pre-existing/chronic medical issue or a change in your health, call your doctor. Certain problems may require going to the office, urgent care, or even the emergency department while others may be done by telemedicine (over the phone). Anything needing a physical exam before treating needs to be done in person. Don't forget to call 911 if you have:

- Chest pain/shortness of breath
- Trouble breathing
- Heavy bleeding
- Possible broken bones

- Sudden numbness, weakness, confusion, loss of vision, etc.
- Severe trauma or injury
- High fever

What routine care should my child receive?

It is very important to keep up with well-child visits and immunizations for newborns through teens. Routine vaccines (like mumps, measles, whooping cough, flu, etc.) prevent illnesses that may cause lasting health problems or even death. Missing or delaying vaccines may put your child's health in danger.

For more information: www.cdc.gov/vaccines/pandemic-guidance/index.html

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8/20

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