

Complete the guide to help your doctor decide appropriate treatment.

- If you have one or more risk factors, don't wait. It's important to talk to your doctor about treatment right away if you are at high risk for severe COVID-19
- Use this guide to make the most of the time you spend talking with your doctor. Answering the following questions will help both you and your doctor decide if treatment is necessary and which medicines may be right for you.

Risks

Existing health issues can increase the chance of COVID-19 progressing to severe illness. Be sure to check all current conditions.

- ☐ Cancer
- ☐ Chronic kidney disease
- ☐ Chronic liver disease
- ☐ Chronic lung disease
- ☐ Cystic fibrosis
- ☐ Dementia or other neurological conditions
- ☐ Diabetes
- ☐ Heart conditions
- ☐ HIV infection
- ☐ Nausea or vomiting
- ☐ Mental health conditions
- ☐ Obesity and being overweight
- ☐ Pregnancy or recent pregnancy
- ☐ Sickle cell disease or thalassemia
- ☐ Solid organ or blood stem cell transplant
- ☐ Stroke or cerebrovascular disease
- ☐ Tuberculosis
- ☐ Weakened immune system
- ☐ Other: _____

Symptoms

Check all that apply. Do not underestimate or assume any of these symptoms are too mild to mention. Your doctor needs to know.

- ☐ Congestion or runny nose
- ☐ Cough
- ☐ Diarrhea
- ☐ Fatigue
- ☐ Fever or chills
- ☐ Headache
- ☐ Muscle or body aches
- ☐ Nausea or vomiting
- ☐ New loss of taste or smell
- ☐ Shortness of breath or difficulty breathing
- ☐ Sore throat
- ☐ Other: _____

Medications

Please list any medications you are currently taking:

Experience

Please list/share your recent activities that may have exposed you to COVID-19 (travel, gatherings, movies, etc)

Questions to ask your doctor

What are my treatment options?

How soon should I start treatment?

What should my expectations be regarding the treatment? How will I feel?

Does treatment have any side effects?

Is financial support available for prescribed treatments?

What additional symptoms should I expect?

If I have COVID-19, how long am I contagious?

Should I reach out to my specialist to let them know?

Is there anything I need to think about regarding food, exercise, or other lifestyle issues?

Additional notes
