Ways to safely seek care during COVID-19
non-US settings

Seek care immediately for severe or sudden health events or emergencies. Do not delay any urgent care because of fear of COVID-19. Delayed care can result in worsening illness or death.

Follow national and local guidance

- Stay up to date on the
  - guidance for seeking care
  - types of services provided at a given location
  - availability and schedule of community health services
- Ask your local government to find out if they will provide special services to help get care (e.g. special transportation to the clinic)
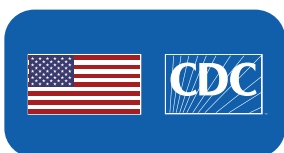
Practice safe behaviors when you are outside your home

- Stay 2 meters (about 2 arms' length or 6 feet) from people
- Avoid crowded places
- Wear a non-medical mask or cloth face covering
- Wash your hands with soap for at least 20 seconds or use alcohol-based hand rub for the following:
  - after going to the bathroom
  - before eating
  - after blowing your nose, coughing, or sneezing
  - after touching surfaces shared by many other people
  - when your hands are soiled
  - when you arrive or leave somewhere
  - when you get back home

Make sure your medicine does not run out

- Ask if you can extend and refill prescriptions to reduce visits to the clinic or pharmacy.
- Find out if your community is served by community health workers and ask if they deliver medicines.

cdc.gov/coronavirus

www.cdc.gov/coronavirus/2019-ncov/global-covid-19   CS 318070-A 07/23/2020