



# SPRINGFIELD TOWNSHIP FIRE DEPARTMENT

## Coronavirus Disease (COVID-19) Self-Evaluation Guidance



The Coronavirus pandemic has many of our citizens wondering what they should do if they start having symptoms of COVID-19. In order to avoid unnecessarily overburdening the EMS and hospital system, we are recommending you self-evaluate and use the following guide before calling 911.

### MINOR SYMPTOMS

If you have minor symptoms, without any risk factors, you should self-quarantine, self-monitor and self-treat.

Body Aches  
Mild Fever  
Sore Throat  
Headache  
Mild Nausea, Vomiting, Diarrhea



### MINOR SYMPTOMS + RISK FACTORS

It is recommended that you seek immediate medical attention if you have any minor symptoms, along with the following risk factors.

Age ≥ 65  
Diabetes  
COPD / Asthma  
Cardiovascular Disease  
High Blood Pressure  
Immunosuppressed



### MINOR SYMPTOMS + SEVERE SYMPTOMS

Your minor symptoms should be monitored for any changes, and 911 should be called if you develop any of the following.

Difficulty Breathing  
Chest Pain / Tightness  
High Fever ≥ 101°  
Confusion  
Severe Nausea, Vomiting, or Diarrhea  
Dizziness / Fainting / Low Blood Pressure



### Local Medical Resources

Clarkston Medical Group has a drive-up screening service available at 5701 Bow Pointe Dr, from 0900-1700 M-F and 0800-1200 Saturday. For your convenience, they also have telemedicine available at [cmg.evisit.com](http://cmg.evisit.com)

McLaren Clarkston has a 24hr Emergency Department at 5701 Bow Pointe Dr. Patients with minor symptoms + risk factors can seek medical attention here.

If you have any further concerns contact your primary care physician, Oakland County Health Division at (248) 858-1286 or the Nurse-on-Call at (800) 848-5533.

### Other Resources

For Meals-on-Wheels please contact (888) 886-8971..