Use the COVID-19 Zone Tool to determine the most appropriate course of action based on your symptoms.

Hospitals across the state are reporting increased ER visits by patients seeking COVID-19 tests. While facing the strain of workforce challenges, ERs are being put under increased pressure to provide care. Help your local hospital by following the below COVID-19 Zone Assessment.

**Experiencing Mild or No COVID-19 Symptoms?**

**GREEN ZONE**
- I can breathe easily without shortness of breath.
- I am not experiencing chest tightness.
- My energy level is nearly normal.
- I can think clearly.
- I was exposed to someone who has COVID-19.
- I was sick with COVID-19, now I am better and need a test to return to work/school.
- I need a COVID-19 test to travel.

**GREEN ZONE ACTION**
- Seek a testing site or at-home test NOT an ER.
  - Find a testing site: [https://t.co/VFg7hQRv5E](https://t.co/VFg7hQRv5E)
- Manage mild to moderate symptoms at home with over-the-counter medication as directed if positive, follow CDC guidelines for isolation or quarantine.

**Experiencing COVID-19 Symptoms?**

**YELLOW ZONE**
- I have a fever.
- I have a new or worsening cough.
- I am having trouble catching my breath.
- My thinking is slow.
- I am experiencing dizziness.

**YELLOW ZONE ACTION**
- Seek a testing site or at-home test NOT an ER.
  - Find a testing site: [https://t.co/VFg7hQRv5E](https://t.co/VFg7hQRv5E)
- Call or message your doctor or healthcare provider to be evaluated. Share symptoms and follow your doctor’s directions.
- Manage mild to moderate symptoms at home with over-the-counter medication as directed. If positive, follow CDC guidelines for isolation or quarantine.

**Experiencing Severe COVID-19 Symptoms?**

**RED ZONE**
- My breathing is very fast.
- I can’t catch my breath.
- I am having chest pain.
- I can’t eat or drink.
- I am confused.
- I can’t stay awake.
- I passed out or feel like I am going to pass out.

**RED ZONE ACTION**
- Call 9-1-1 or call ahead to your local emergency facility.
- Notify the operator that you are seeking care for someone who has or may have COVID-19.