ARE YOU EXPERIENCING COVID-19 SYMPTOMS?

HAVE Health Coverage?
- Call your regular doctor or clinic.

DON’T HAVE Health Coverage?

IF YOU DON’T HAVE HEALTH COVERAGE:
- Contact the San Mateo County Health Coverage Unit (HCU) at 650-616-2002 or info-hcu@smcgov.org for screening and enrollment assistance with public health coverage programs such as Medi-Cal, Covered California and ACE.
- For the HCU hotline, please leave a message with your name and contact information and a Community Health Advocate will return your call within 24 hours.
- Apply online at www.coveredca.com

IF YOU NEED TO TALK TO A NURSE URGENTLY:
- Call the Health Plan of San Mateo regardless of your health coverage at 1-833-846-8773, 24 hours a day, 7 days a week. A nurse will ask you about your symptom and tell you if you need to go to urgent care.
- Call the state Medi-Nurse Line at 1-877-409-9052. This line is available to Medi-Cal patients without a health plan. The line is available 24 hours a day, 7 days a week to answer any concerns related to COVID-19 concerns and for general medical issues.

IF YOU HAVE GENERAL CONCERNS ABOUT YOUR HEALTH:
- Call New Patient Connection Center regardless of health coverage status at 650-372-3200 from 8:15am to 4:30pm.
- Visit www.smchealth.org/smmc-new-patients

GENERAL GUIDELINES
- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer especially after you have been in a public place, or after blowing your nose, coughing or sneezing
- Keep at least 6 foot distance between yourself and other people
- Wear a cloth face cover when going out in public
- In private settings without a mask, always cover your mouth and nose when coughing or sneezing

Public Charge and COVID-19 Alert from United States Citizenship and Immigration Services (USCIS): Seeking medical help will not impact your Public Charge test or your immigration application.

For more information visit smchealth.org/coronavirus