

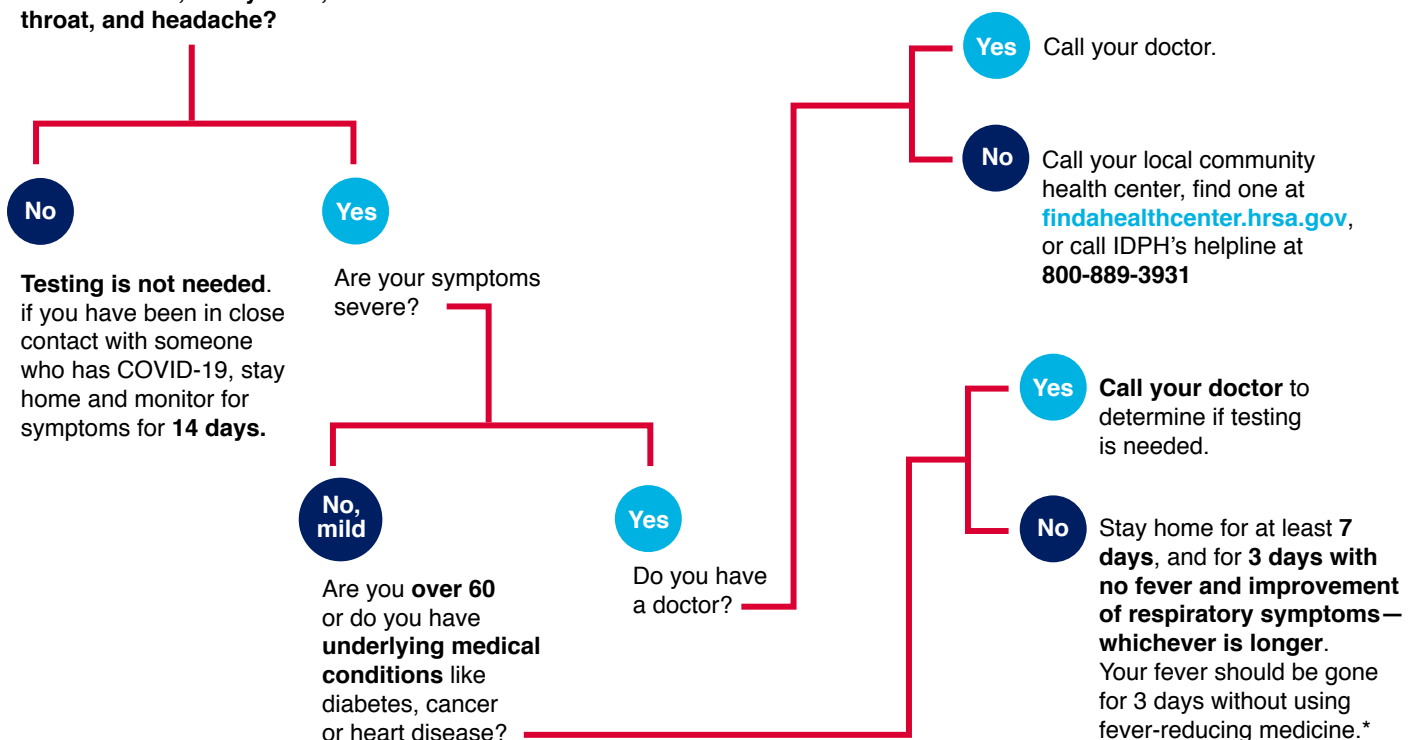
I have symptoms, what should I do?



Collaboratory for Health Justice

COVID-19 is a respiratory disease, and the most common symptoms are fever, cough and shortness of breath. These can show up anywhere from 2 to 14 days after being exposed. There is no treatment or cure for COVID-19. For most people, the illness is generally mild and can be safely managed at home. Testing is only recommended for individuals who are at higher risk of serious illness, like people over 60 or with underlying medical conditions. Everyone, regardless of symptoms, should practice social distancing and good hand hygiene.

Are you having symptoms - fever, cough, difficulty breathing, muscle aches, runny nose, sore throat, and headache?



*For example, if you have a fever and coughing for 4 days, you need to stay home 3 more days with no fever for a total of 7 days. Or, if you have a fever and coughing for 5 days, you need to stay home 3 more days with no fever for a total of 8 days. Adapted from Chicago Department of Public Health.

FAQs for going to the doctor

You have a right to seek medical care regardless of insurance or immigration status.



What if I am undocumented? Will I get deported?

- **You do not have to share your immigration status with a health provider** unless you are applying for health insurance.
- If an immigration official approaches you in a public area of a health facility without a warrant or the facility's consent, you have a right to remain silent.



What if I don't have medical insurance?

- **You are entitled to receive medical care even if you don't have insurance.** If you are asked to apply for health insurance, you can say, "I do not qualify for health insurance and do not want to apply."
- Federally qualified health centers will treat patients regardless of ability to pay. To find a health center, visit findahealthcenter.hrsa.gov



Will getting help affect my immigration status?

- No. United States Citizenship and Immigration Services (USCIS) says that testing, treatment, and prevention efforts for COVID-19 will not be counted against individuals in a public charge test.
- Family members who are U.S. citizens or otherwise eligible for government benefits are entitled to continue using these services. This will not affect undocumented family members who are seeking to apply for residency status.

Resources:

Protecting Immigrant Families: protectingimmigrantfamilies.org

National Immigration Law Center: nilc.org

UndocuScholars created [an extensive list of nationwide resources](#) for undocumented Communities facing COVID-19

Immigrant Family Resource Program (IFRP) Hotline at [1-855-IFRP-NOW](tel:1-855-IFRP-NOW) ([1-855-437-7669](tel:1-855-437-7669)) in Spanish, Arabic, Chinese (Mandarin), Korean, Polish, Russian, Vietnamese, English

For resources near you, go to the UIC School of Public Health's Resource Hub at publichealth.uic.edu/covid-19-response/covid-19-resources/



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