

What To Do If You Get COVID-19

Getting Medical Care

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms such as cough or difficulty breathing, call your doctor for advice or schedule a [WellSpan Online Urgent Care](#) appointment.

Call your healthcare provider before leaving home and follow their instructions. Limit walk-in visits if you suspect you have COVID-19.

Tell your doctor's office or emergency room that you have or may have COVID-19 before entering the building. This will help the office protect medical staff and other patients. You may be asked to wear a mask to protect healthcare workers and other patients.

Many people with COVID-19 will be able to self-care at home if symptoms are not severe. Get care immediately if you feel worse or you think it is an emergency. **Dial 9-1-1 in case of emergency.**

Should I get tested for COVID-19?

Many patients with mild symptoms do not need to be tested for COVID-19. Please call your physician's office or consider an online urgent care visit to discuss your symptoms.

Non-Emergency Care COVID-19 Clinics

Patients who have no emergent health needs and are either confirmed or suspected by a healthcare provider to have COVID-19 can visit one of the following dedicated locations for non-emergency treatment of health concerns:

- [WellSpan Adams Health Center](#), 40 V-Twin Drive, Gettysburg. This care location is open 8 a.m. to 6 p.m. Monday through Friday, and 8 a.m. to 4 p.m. Saturday and Sunday.
- [WellSpan OB/GYN](#) and [WellSpan Pediatric Medicine](#), 2050 South Queen St., York, will provide primary care services for children and all adults at this site. This care location is open 8 a.m. to 6 p.m. Monday through Friday, and 8 a.m. to 4 p.m. Saturday and Sunday.
- [WellSpan Urgent Care](#), 1000 Norland Ave., Chambersburg. This care location is open 9 a.m. to 9 p.m., seven days a week.
- [WellSpan Urgent Care](#), 101 Airport Road, Lititz. This care location is open 8 a.m. to 8 p.m., seven days a week.

The following additional locations are scheduled to open on Monday, March 30:

- [WellSpan Family Medicine – Cross Keys](#), 2900 Carlisle St., New Oxford. This care location is open 8 a.m. to 6 p.m. Monday through Friday, and 8 a.m. to 4 p.m. Saturday and Sunday.
 - [WellSpan Shippensburg Health Campus](#), 97 Progress Blvd., Shippensburg. This care location is open 8 a.m. to 6 p.m., seven days a week.
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Self-Isolation

Stay home except to get medical care: People who are mildly ill with COVID-19 may be able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home. As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.

Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people. When possible, have another member of your household care for your animals while you are sick. If you must care for your pet, wash your hands before and after you interact with them.

Limiting Spread of COVID-19

Cover mouth and nose: Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can.

Wash hands: Regularly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Do not share: Do not share dishes, cups/glasses, eating utensils, towels or bedding with other people in your home. After using these items, wash them thoroughly with soap and water or put in the dishwasher/washing machine.

Clean and disinfect: Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

When to Stop Self-Isolation

Follow the guidance of your healthcare provider and Pa. Department of Health. The decision to stop home isolation should be made in consultation with your doctor and Pa. Department of Health recommendations.

People with COVID-19 can typically stop home isolation under the following conditions:

1. You have had no fever for at least 72 hours (three full days of no fever without fever-reducing medicine)

AND

2. other symptoms have improved (for example, your cough or shortness of breath have improved)

AND

3. at least 7 days have passed since your symptoms first appeared or you received two negative COVID-19 tests in a row, 24 hours apart. Your doctor will follow CDC guidelines on testing.

Advice adapted from the [U.S. Centers for Disease Control and Prevention](#).

Patients

[MyWellSpan](#)

[Physician Directory](#)

[Make an Appointment](#)

[Pay a Bill](#)

[Pre-register](#)

[Financial Assistance](#)

Visitors

WellSpan Online Urgent Care

See a doctor without stepping foot in a doctor's office.

WellSpan Online Urgent Care provides on-demand access to board-certified physicians 24/7 using your smartphone, tablet or personal computer. Request a real-time, "face-to-face" appointment at a time and place that works for you.

WellSpan Online Urgent Care is quality, convenient care that is also affordable. The standard fee is **\$49**, which is comparable to similar urgent care visit co-pays.

(Note: You must register in advance before using WellSpan Online Urgent Care – see guest instructions below if you do not have a MyWellSpan account.)