NYC Health

Get the Medical Care You Need

Although COVID-19 continues to spread in our communities, it is safe to get medical care, as long as you take steps to protect yourself and others. Now is a good time to get care that you may have delayed while New York City (NYC) was on PAUSE.

Getting medical care is safe.
- Clinics and hospitals are taking steps to keep their patients and staff safe. These vary by setting and may include staggering appointments, having people wait outside until it is their turn, requiring face coverings, and screening all patients for symptoms of COVID-19.
- Most clinics have appointments available and are ready to see you or your child in person.
- Telephone or video conference may be used if an in-person visit is not necessary.

Do not ignore your symptoms.
- Get care for any new symptoms, whether or not they may be related to COVID-19.
- Call **911** if you have a medical emergency, including trouble breathing, trouble speaking, pain or pressure in your chest, or numbness in your face, arm or leg.

Get regular health exams and vaccinations.
- Adults: Remember to get an annual health exam to monitor blood pressure, blood sugar and body weight, for screenings to detect cancer and other conditions as early as possible, and for routine vaccinations.
- Children: Make sure children get their scheduled well visits and vaccinations.
- Everyone: Get vaccinated against the flu beginning in September.
- See below for information on where to get vaccinations.

Take care of chronic conditions.
- Get regular care and medication refills for conditions that put you at risk of severe complications from COVID-19, including diabetes, obesity, heart disease or lung disease.

Reach out if you have symptoms of COVID-19.
- Tell your health care provider if you have mild to moderate symptoms of COVID-19, or if your symptoms get worse. To learn more about symptoms of COVID-19, visit nyc.gov/health/coronavirus and look for "Symptoms and What to Do When Sick."

Health care is available to all.
- Care is available regardless of immigration status or ability to pay.
- Low or no-cost medical care is available to all at NYC Health + Hospitals health care facilities.
- Low-cost health insurance is available through NY State of Health. Call 855-355-5777 or **311** for more information.
- If you need a health care provider, call 844-NYC-4NYC (844-692-4692) or **311**.

- Free vaccinations for children up to 2 years of age are available at NYC Health + Hospitals. Call 844-NYC-4NYC (844-692-4692) to make an appointment.
- To find other locations throughout NYC that provide vaccination services for children and adults, search the **NYC Health Map** or call **311**. Many chain and independent pharmacies also offer vaccines—call your local pharmacy for more information.
- Free COVID-19 testing is available throughout NYC. Visit nyc.gov/covidtest to find a location near you.

Do your part.
- Wear a face covering when traveling to your provider's office and while in the doctor's office or clinic.
- Monitor your health and tell your provider in advance if you have COVID-19 symptoms; they may have additional precautions.

The NYC Health Department may change recommendations as the situation evolves.   7.8.20