



Boilerplate language to adapt for phone messages and websites:

Healthy adults and children with COVID illness can self-isolate and will usually not need to seek medical care unless symptoms are increasing.

People who are at higher risk of more serious illness may benefit from regular monitoring by their primary care clinic. This may include check in calls and sometimes loan of a pulse oximeter to use. You may also be eligible for COVID treatments to prevent more serious illness.

So, if you have symptoms and are:

- over 60 OR
- have any long-term medical conditions OR
- are pregnant OR
- unvaccinated.

Contact the clinic for an assessment of whether closer monitoring is required and for information about managing your illness. Contact us early in your illness rather than waiting for symptoms to worsen.