



You have been tested for COVID-19 on 06/11/2020 because you either have symptoms, believe you may have been exposed, or requested to be tested for some other reason.

RECOGNIZING SIGNS of COVID 19

- Fever
- Cough
- Shortness of Breath

TREATING SYMPTOMS of COVID 19

- Take Tylenol every 4-6 hours as needed for fever/aches
- Treat cold symptoms with over the counter medications
- Stay hydrated
- Self-quarantine for (2) two weeks or until instructed differently by your healthcare provider
- Follow-up with Emergency Department if symptoms worsen
- Please contact Access Family Health Services 24 hours a day at 662-690-8007 if you have further questions

As a Federally Qualified Health Center (FQHC), DHC providers will see you regardless of your ability to pay. We also accept most insurances including CHIP, MSCAN, Blue Cross Blue Shield, Magnolia, United Healthcare, Medicaid and Medicare. We offer a Sliding Fee Scale for those that qualify.

What is Anxiety?

Anxiety is excessive worry, concern, and/or fear of uncertain or uncontrollable situations. And the difficulty controlling such feelings.

Symptoms include:

- Nervousness, restlessness, or tense
- Heart racing, chest pains, and/or breathing rapidly
- Sweating and/or trembling
- Feeling weak and/or tired
- Trouble Concentrating and trouble sleeping
- Stomach issues such as diarrhea, nausea, and pain

Rate your anxiety:



CALL ACCESS FAMILY HEALTH SERVICES FOR YOUR
BEHAVIORAL HEALTH NEEDS: 662-690-8007
ASK FOR BEN SUMERFORD, PMHNP, OR ANGIE FLOYD, LCSW

10 FREE ways to calm your anxiety

- Take a walk outdoors and/or exercise daily
- Eat well-balanced meals
- Journal
- Make a gratitude list
- Listen to music you find calming
- Recognize negative thoughts and replace them with positive thoughts
- Get enough sleep and limit caffeine
- Reduce alcohol intake
- Accept that you cannot control everything and that's OK
- Practice deep breathing: Practice 4-7-8 technique
 - ◇ Empty the lungs of air
 - ◇ Breathe in quietly through nose for 4 sec
 - ◇ Hold breath for 7 sec
 - ◇ Exhale through mouth for 8 sec
 - ◇ Repeat 4x