

# Next Steps....



We are sorry to hear that you are not feeling well. Please Give your doctor or local health department a call so that they can help you determine the cause of your symptoms or assess you further in the case of exposure. Here are some key next steps:

1. We may still be able to help you today, you can call our office and work with a staff member over the phone, visit us online or schedule a special virtual meeting if you have access to a device with internet.
2. After receiving notice from your doctor that you are free from COVID-19 and are feeling well please call our center to make an appointment to come back and see us.
3. If you may still be exhibiting some COVID-like symptoms even though you have been cleared, please call our office to discuss arrangements.

We are here for you, and although these are trying times for us as a community, safety is our top priority. We want to help you be successful and are willing to help however we can.

## Resources

- CDC Info 800-232-4636 or [www.cdc.gov](http://www.cdc.gov)
- NM Dept of Health 855-600-3453 [cv.nmhealth.rog](http://cv.nmhealth.rog)
- New Mexico Workforce Connection [jobs.state.nm.us](http://jobs.state.nm.us) or [www.employnm.com](http://www.employnm.com)
- Assistance with food, internet, housing, bills etc. [www.newmexico.gov](http://www.newmexico.gov)