

# Know before you go

## Adult Viral/Respiratory Symptoms



### Primary Care

Mild FLU/COVID-like symptoms

(Mild cough, Ear Pain and/or sore throat, Runny nose, Fever that doesn't go away within 48 hours, Nausea, vomiting, and/or diarrhea)

**Note:** Mild symptoms (cough, fever in well child/adult, runny nose, vomiting/diarrhea, and body aches) may be safely managed at home. Call your provider's office for further guidance.

**Monday thru Friday 8a-5p.**

Call office directly to schedule appointment.

Request appointment through Patient Portal.

### Walk-In Clinics

Mild-Moderate FLU/COVID-like symptoms

(Persistent cough, Ear Pain and/or sore throat, Persistent Congestion, Fever/Temperature greater than 100.4°, Elderly or

immunocompromised, lasting greater than 48 hours, persistent nausea, vomiting, and/or diarrhea)

**Evening and weekend hours.**

Plaza Walk-In: 573-883-4408  
M-F 8a-6p

Bloomdsdale Walk-In:  
573-483-2929  
M-F 7:30a-7p, Sat-Sun 8a-1p

*Call ahead for wait times*

### Emergency Care

Moderate-Severe FLU/COVID-like symptoms

Trouble breathing/shortness of breath, chest pain, severe abdominal pain, fainting/unconsciousness, fast or irregular heartbeat

**24 hours/7 days a week**

**PLEASE DO NOT GO TO THE ER FOR:** School or work absence or return to school/work notes, Mild symptoms, but you'd like to test and identify the virus or prove the illness has resolved.

**NOTE:** You know yourself and your child best! If you have concerns or questions, contact the primary care provider. In case of emergency, call 911 or go to the nearest emergency room.

Free testing sites (for FLU, COVID & RSV) are available through March! Visit: <https://mophep.maps.arcgis.com/apps/webappviewer/index.html?id=8fbe5c6ec64547639b42601ff56eaea3>