

If you're experiencing mild cold or flu-like symptoms, we encourage you to stay home.

Most people can treat their symptoms at home

with over-the-counter medicines. But if you feel you need to see a doctor, you can get help without even leaving home.

Mount Sinai NOW® Video Urgent Care

Chat live with a doctor through your phone, tablet, or computer in real-time. A physician will provide a diagnosis, next steps, and prescribe medication, if needed.

mountsinai.org/appointment/telehealth-ms-now



Text-to-Chat

Just **text 4-SINAI** from any mobile device to arrange a virtual video visit or in-office appointment.

Click4Care

Go online and answer a short series of questions about your symptoms. A physician will respond within an hour with a diagnosis, treatment plan, and prescription, if necessary.

click4care.mountsinai.org



If you're experiencing severe symptoms and need medical care:

- **Stay away** from other people.
- **Call ahead to an Urgent Care** center or the emergency room. This will help us direct you to the most appropriate location and prepare for your arrival.

