

Getting Care During Shelter in Place

You can still get help from your doctor for many of your health needs. If you are sick, or need medical help, call your doctor first. You can get help through email, video call, or over the phone with your doctor.



The first step is to call your doctor's office. They may be able to help by phone without even having to go into the office. They will also suggest when it makes sense for you to be seen in person, and how to do so safely.



Planning for Elective Procedures

If you had to put off a surgery or test or other medical care because of the coronavirus pandemic, call your doctor's office now to talk about next steps.



Appointments for Keeping Your Child Healthy

Is it time for your child to have a checkup or get an exam or a vaccine? You can call your doctor or nurse to make an appointment. For some services you may be able to have a visit using the phone or video.



Taking Care of Your Mental Health

You can use the phone or make video calls to get therapy and get help with medications from a psychiatrist when needed.

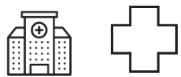
24-Hour Behavioral Health Access Helpline
1(415) 255-3737 TDD 1(888) 484-7200

Beacon Health Options
1(855) 371-8117

San Francisco's community mental health programs are also open for mental health care.
1(415) 255-3737 TDD 1(888) 484-7200

You can also reach a doctor over the phone or computer at no cost, day or night using Teladoc. To learn more, call **1(800) 835-2362** or go to:

<https://member.teladoc.com/sfhp>



Don't Wait to Get Help

If you are having an emergency (like severe chest or abdominal pain, trouble moving an arm or leg, or trouble breathing), do not wait to call. Go to the nearest emergency room. Waiting too long can lead to death, disability or longer-term health problems that could have been prevented.

It is also important to take care of chronic health problems. If you have put off seeing your doctor for issues like high blood pressure, asthma or diabetes, check in with your doctor now.