



If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. **Do not go to your doctor's office without contacting them first.** You should also follow the Centers for Disease Control guidance: [What to Do if You Are Sick](#).

See the information and contact lists below, provided by the County's health insurance providers.

KAISER PERMANENTE

Kaiser Permanente has a designated area for patient screening. Members should call the appointment and advice line for further instructions. Kaiser will direct members to the most appropriate care, and take precautions to protect other members, patients and employees. If testing is warranted, per CDC and public health agency criteria, Kaiser will make the appropriate arrangements.

1-833 KP4CARE (1-833-574-2273)

BLUE SHIELD

Blue Shield has provided information from the following hospitals and medical groups. If your hospital/medical group is not listed, please contact your doctor or medical group. If you are unsure of your provider, please contact Member Services at **1-800-829-3566**.

HOSPITALS:

Redlands Community Hospital – No pre-screening available; contact your healthcare provider for medical advice.

Loma Linda University Medical Center – For questions about appointments or other COVID-19 concerns call 909-558-5545.

Dignity Health - St. Bernadine – Free virtual care screenings for mild COVID-19 symptoms.

- Computer go to <https://franciscanvirtualcare.org/landing.htm>
- iPhone app - Virtual Care Anywhere CHI Franciscan Health
- Android app– Franciscan Virtual Care. Enter code COVID19 to waive fees and proceed to free visit.

Dignity Health - Community Hospital of San Bernardino – Free virtual care screenings for mild COVID-19 symptoms.

- Computer go to <https://franciscanvirtualcare.org/landing.htm>
- iPhone app - Virtual Care Anywhere CHI Franciscan Health
- Android app– Franciscan Virtual Care. Enter code COVID19 to waive fees and proceed to free visit.



San Antonio Regional Hospital – Limited testing for COVID-19 may be available to those with mild to moderate respiratory illness who are over age 65 and have a history of lung, heart, liver, or kidney disease, or who are immunocompromised. Testing requires a physician’s order.

Mountains Community Hospital – MCH is urging all patients that are experiencing cold and flu-like symptoms to call their Primary Care Physician immediately to receive instructions. Patients experiencing a medical emergency related to any respiratory symptoms, and believe they need to visit the Emergency Room, should call the Emergency Hotline (909-436-3113) prior to their arrival. They will ask about your symptoms, possible exposure to an infected person, and travel history.

Bear Valley Community Hospital – No pre-screening available; contact your healthcare provider for medical advice.

Victor Valley Global Medical Center – No specific information available at this time; contact your healthcare provider for medical advice.

Desert Valley Hospital – No specific information available at this time; contact your healthcare provider for medical advice.

Providence St. Mary Medical Center – Contact your healthcare provider for medical advice; you can also use the [Coronavirus Assessment Tool](#) or schedule a [Virtual](#) visit.

Barstow Community Hospital – No specific information available at this time; contact your healthcare provider for medical advice.

Hi-Desert Medical Center – No specific information available at this time; contact your healthcare provider for medical advice.

Colorado River Medical Center - No specific information available at this time; contact your healthcare provider for medical advice.

MEDICAL GROUPS

Beaver Medical Group – If you are experiencing fever, cough or shortness of breath or to find out if testing for COVID-19 is warranted, please call your primary care physician. The Nurse Advice Helpline is available after-hours at (909) 793-3311. Please always call ahead before entering a healthcare facility for any special instructions and to avoid further spread of infection.

PrimeCare Medical Group – Follow the CDCs guidance and contact your primary care physician if you have symptoms.



Loma Linda University Health Care LUHC – Before you visit our hospitals and clinics, please read the following screening questions. If you answer "yes" to any, contact your primary care physician by phone or [MyChart](#) before coming in.

- Do you have a fever, cough, runny nose or shortness of breath?
- Have you been in close contact with someone diagnosed or quarantined for COVID-19 (coronavirus)?
- Have you traveled outside the United States in the last 14 days?

Teledoc – Teledoc can issue 14-day self-quarantine “excuse note” if the doctor observes symptoms and risk factors that suggest COVID-19. Teledoc cannot issue return-to-work notices. Log in at [Teladoc.com/bsc](https://teladoc.com/bsc) or call 1-800-Teladoc (835-2362).