

# Coronavirus Disease 2019

# COVID-19

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**Patients with COVID-19 have reportedly had mild to severe respiratory illness with symptoms of:**

- Fever
- Cough
- Shortness of breath

**Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**COVID-19**  
CORONAVIRUS DISEASE 2019



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

updated 03/05/20

**For updates and more information, visit [dshs.texas.gov/coronavirus](https://dshs.texas.gov/coronavirus)**



# Coronavirus Alert

If you have



been or live in an area with ongoing spread of COVID-19 in the 14 days before you got sick

a fever

a cough or shortness of breath

**Tell staff NOW and put on a mask.**

Also, tell us if you have symptoms and have been in close contact with a person known to have COVID-19 or live in an area with ongoing spread of COVID-19.

**COVID-19**  
CORONAVIRUS DISEASE 2019



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

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1:34 pm

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# COVID-19: What to Do

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**Wash hands** often for 20 seconds and encourage others to do the same.



If no soap and water available, use hand sanitizer with at least **60% alcohol**.



**Cover coughs** and sneezes with a tissue, then throw the tissue away.



**Avoid touching** your eyes, nose, and mouth with unwashed hands.



**Disinfect surfaces**, buttons, handles, knobs and other places touched often.



**Avoid close contact** with people who are sick.

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Symptoms of COVID -19 may show up 2-14 days after exposure and may include fever, cough and shortness of breath. If you are in generally good health and have a mild illness, stay home and take care of yourself like you would for the flu. If symptoms worsen, call your doctor.

If you are 65 years or older and/or have other medical problems like heart disease, lung disease, diabetes, high blood pressure or cancer – and have fever or symptoms - call your doctor. If you are not sick enough to be hospitalized, you can recover at home.

**COVID-19**  
CORONAVIRUS DISEASE 2019



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

updated 03/10/20  
3:17 pm

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Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT  
1**

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT  
2**

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

**FACT  
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT  
4**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT  
5**

There are simple things you can do to help keep yourself and others healthy.

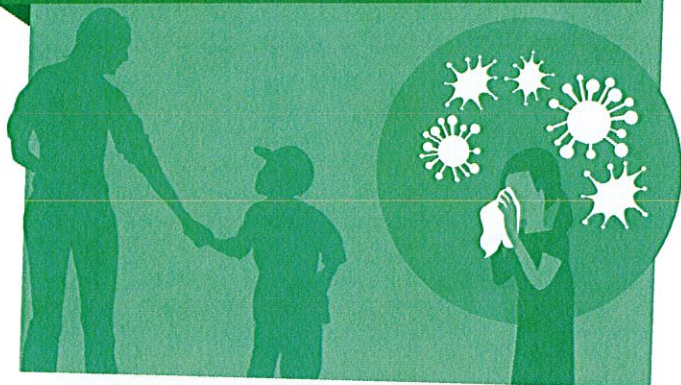
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Disinfect frequently touched objects and surfaces.



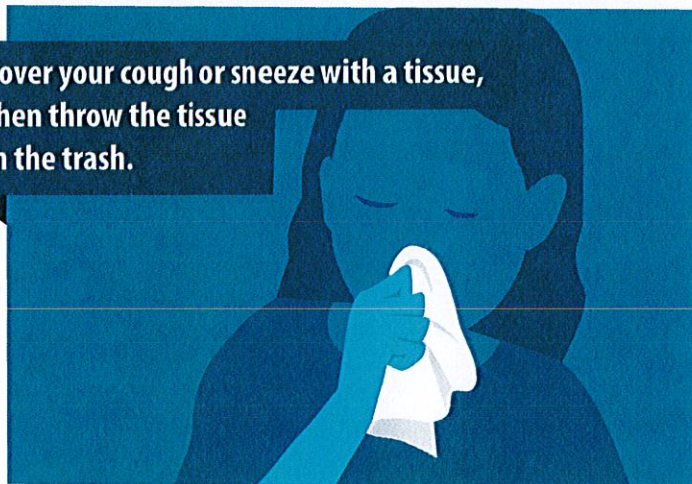
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

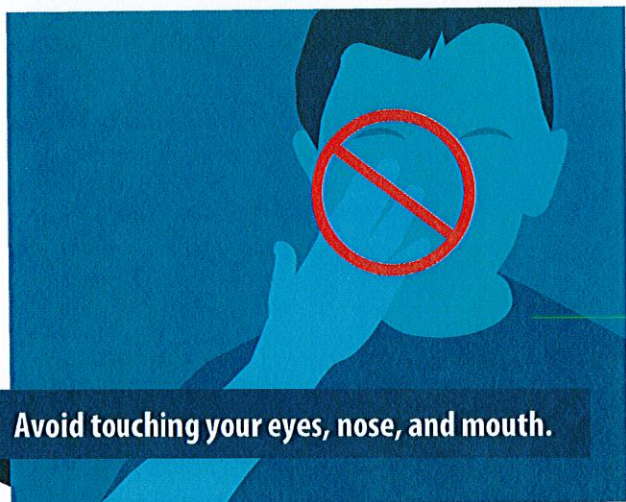
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



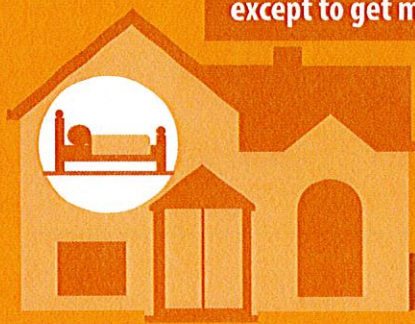
Avoid touching your eyes, nose, and mouth.



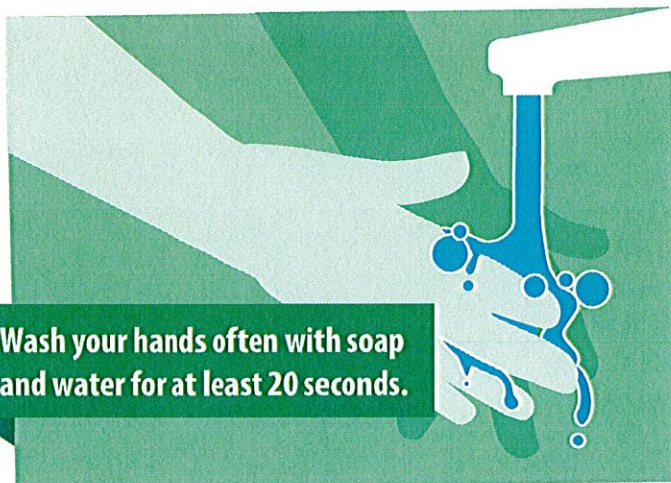
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



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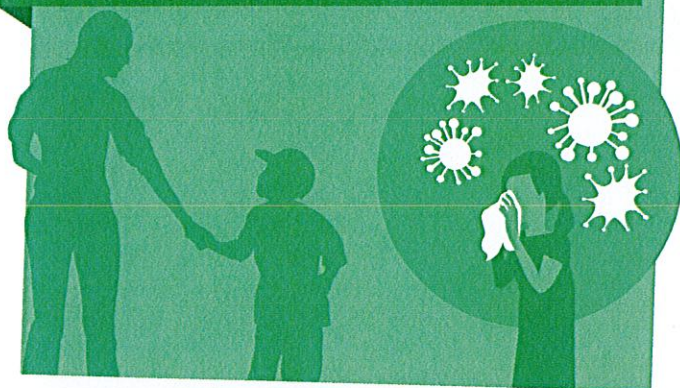
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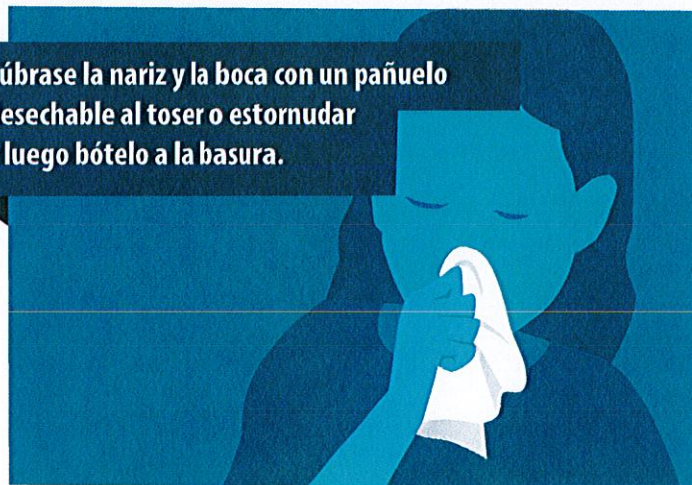
# DETENGA LA PROPAGACIÓN DE MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo coronavirus 2019

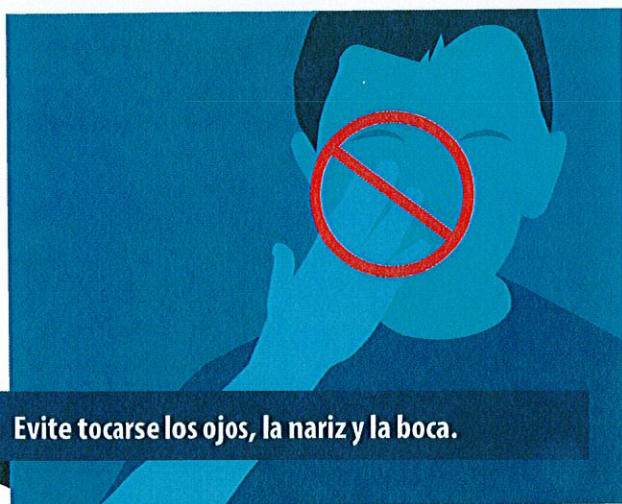
Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelos a la basura.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.

