

1
STAY AT HOME EXCEPT TO GET
MEDICAL CARE



2
CALL AHEAD
BEFORE VISITING
YOUR DOCTOR



3
SEPARATE YOURSELF FROM
OTHER PEOPLE & ANIMALS
IN YOUR HOME



STEPS TO TAKE IF YOU HAVE SYMPTOMS OF COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19. You can contact your doctor to see if you need to be tested. If you have tested positive for COVID-19 or are suspected to have it but are not tested, you should follow these instructions.

For up-to-date information visit [TexasHealth.org/coronavirus](https://www.texashealth.org/coronavirus)
Or, call our COVID-19 Consumer Hotline Monday–Friday, 7AM–7PM at **682-236-7601**

Additional information for your household members, and caregivers is available at:
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

4
COVER YOUR COUGHS
AND SNEEZES



5
AVOID SHARING
HOUSEHOLD ITEMS



6
WEAR A MASK



7
CLEAN HIGH-TOUCH SURFACES
EVERY DAY



8
MONITOR YOUR
SYMPTOMS



9
CLEAN YOUR HANDS OFTEN



10
DISCUSS YOUR SITUATION
WITH YOUR LOCAL COUNTY
HEALTH DEPARTMENT

