

## **Know the facts about COVID-19**

Fact #1 – You can help stop COVID-19 by knowing the signs any symptoms:

- Fever
- Cough
- Shortness of breath
- Seek medical advice if you have any shortness of breath or 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 #2 – There are simple things you can do to help keep yourself and others healthy. The CDC recommends the following to 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 with unwashed hands
- 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 especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food

Fact #3 – Some people are at increased risk of getting COVID-19

- Older Adults
- People who have chronic health conditions like heart disease, lung disease, and diabetes
- People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure

Fact #4 – According to the CDC, someone who has completed quarantine or has been released from isolation does not pose a risk or infection to other people.

- For more facts from the CDC visit
- <https://www.edc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

If you have symptoms or concerns about yourself or your family, you can call 2-1-1 (option 6, Mon-Fri, 7AM – 6PM). For information about our state or region go to <https://www.dshs.texas.gov/coronavius>. For further up-to-date information, visit CDC's coronavirus disease 2019 web page at [www.edc/COVID-19](http://www.edc/COVID-19).