

Quick facts about

# Coronavirus (COVID-19)

## What is it?

Coronavirus (COVID-19) is a lung (respiratory) illness.

## What are the symptoms?\*

- Cough
- Shortness of breath / trouble breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Fatigue
- Congestion or runny nose



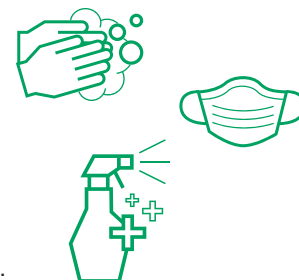
**Call your doctor right away if you develop COVID-19 symptoms, and call 911 if any of your symptoms are severe.**

## How does coronavirus spread?

Coronavirus can be spread in several ways. Visit [cdc.gov](https://www.cdc.gov) for more information.

## How can I prevent getting or spreading the virus?

- Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unclean hands.
- Stay away from sick people (and stay home except to get medical care if you're sick).
- Use tissues to cover coughs and sneezes (and throw tissues away).
- Clean and disinfect items and surfaces that are touched a lot with an [EPA-approved disinfectant](#)\*\*.
- Wear a face mask to protect yourself and others.



## Consider getting a COVID-19 vaccine.

The CDC recommends COVID-19 vaccinations and boosters for everyone eligible.

Visit [TexasHealth.org/GetYourVaccine](https://www.texashealth.org/getyourvaccine) for more information.

## What do I do if I think I have coronavirus?

- Stay home except to get medical care. Call your doctor right away for advice and minimize contact with others.
- If you do not have a doctor, call **1-877-THR-WELL (1-877-847-9355)**.



\* Updated August 2021. Visit [cdc.gov](https://www.cdc.gov) for the latest update.

\*\* Visit <https://cfpub.epa.gov/giwiz/disinfectants/index.cfm> to see if your disinfectant meets the Environmental Protection Agency's (EPA) criteria for use against SARS-CoV-2, the virus that causes COVID-19.

These products are for use on surfaces only.

Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.