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 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 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).

** 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.