

# 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

**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.
- Wear a face mask to protect yourself and others.

## 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)**.



### Questions about the coronavirus (COVID-19)?

Call the Texas Health Coronavirus Hotline to speak with a nurse 7 a.m. to 7 p.m. Monday through Friday.

**COVID-19 Consumer Hotline: 682-236-7601**



\*Updated May 13, 2020. Visit [cdc.gov](https://www.cdc.gov) for the latest update.