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.
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.

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