

Coronavirus (COVID-19)

Updated March 13, 2020

What is it?

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

What are the symptoms?

- Fever
- Coughing
- Trouble breathing

How does coronavirus spread?

Coronavirus can be spread in several ways.

Visit [cdc.gov](https://www.cdc.gov) for the latest updates.

How can I prevent getting or spreading the virus?

- Use hand sanitizer or wash your hands with soap and water for at least 15 to 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
- Put on a facemask if you are sick or you are taking care of someone who is sick to protect others. If you are not sick, you do not need to wear a facemask.

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 have trouble breathing, call 911 immediately
- If you do not have a doctor, call **1-877-THR-WELL (1-877-847-9355)**.

For more information, visit the CDC website at [cdc.gov](https://www.cdc.gov).



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

Questions about the coronavirus (COVID-19)? Call the Texas Health Coronavirus Hotline 24x7 to speak with a nurse.

