

HOW TO SLOW THE SPREAD

WEAR A CLOTH FACE COVERING WHEN IN PUBLIC

PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET

WASH YOUR HANDS FREQUENTLY WITH SOAP OR HAND SANITIZER

AVOID TOUCHING YOUR FACE

COVER COUGHS AND SNEEZES WITH A TISSUE AND THROW AWAY THE TISSUE

STAY HOME IF YOU ARE SICK

CLEAN HIGH-TOUCH OBJECTS AND SURFACES FREQUENTLY



COVID-19



[GCHD.ORG/CORONAVIRUS](https://www.gchd.org/coronavirus)

CLOTH FACE COVERINGS

**THEIR CLOTH FACE COVERING PROTECTS YOU,
YOUR CLOTH FACE COVERING PROTECTS THEM.**

Together, we can reduce the transmission of coronavirus to around 1 percent. But it takes all of us wearing a face covering.

MAKE SURE
it covers your
nose and
mouth.

**MAKE SURE
YOU CAN
BREATHE**
through your
cloth face
covering.

WASH AFTER
using, like
normal
laundry.

**WEAR IT
WHEN**
directed to
and in public
places.

**DO NOT STOP
SOCIAL
DISTANCING,**
washing your
hands and
preventing
germs.



COVID-19

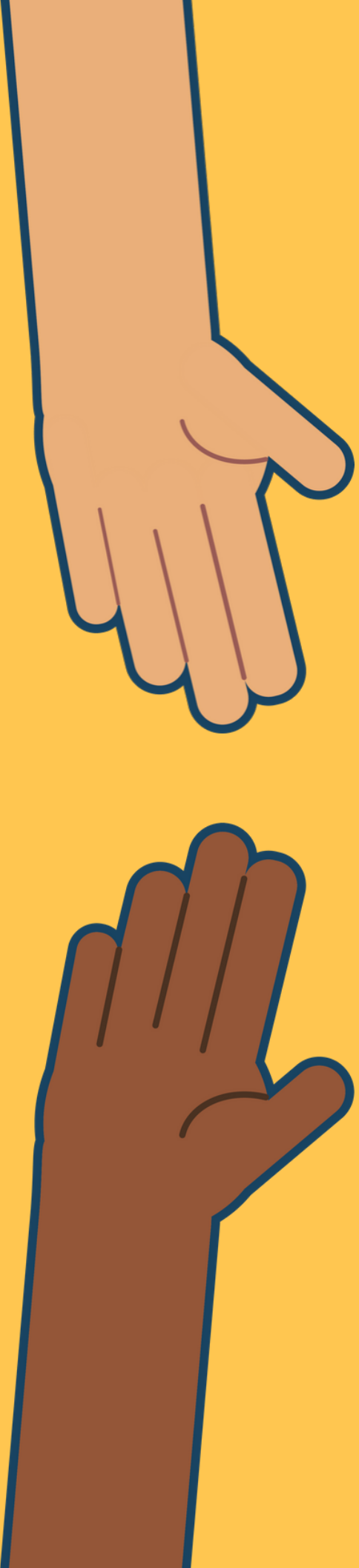


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STAY AT LEAST

6 FEET



**(ABOUT 2 ARMS' LENGTH)
FROM OTHER PEOPLE.**

COVID-19



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COVID-19 SYMPTOMS

Call your doctor if you have symptoms or have been in close contact with a person known to have COVID-19.

SYMPTOMS INCLUDE:

- **Fever or chills**
- Cough
- **Shortness of breath or difficulty breathing**
- Fatigue
- **Muscle or body aches**
- Headache
- **New loss of taste or smell**
- Sore throat
- **Congestion or runny nose**
- Nausea or vomiting
- **Diarrhea**

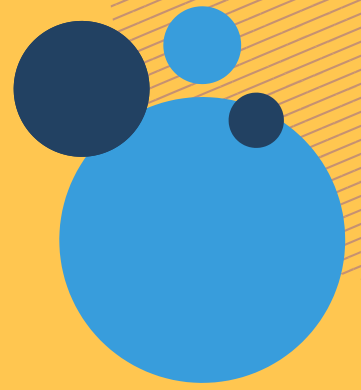


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WHAT TO DO IF YOU GET COVID-19



Separate yourself from others.

- **As much as possible,** stay in a specific room and away from other people and pets in your home.
- **If possible,** you should use a separate bathroom.
- **If you need to** be around other people or animals in or outside of the home, wear a cloth face covering.

Stay home, except to get medical care.
Call ahead before visiting your doctor.

Monitor your symptoms.



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Cover your coughs and sneezes with a tissue and throw away the tissue.

Clean high-touch objects and surfaces everyday.

Avoid sharing personal household items.

Wash your hands frequently with soap or hand sanitizer

If you are sick, wear a cloth face covering over your nose and mouth.



CARING FOR SOMEONE WHO IS SICK

All members of the house should STAY HOME

If someone in your house has COVID-19, it is best if all members of the house stay home and monitor themselves for symptoms.

Monitor the sick person for worsening symptoms. Know the emergency warning signs. Call a doctor if they are getting sicker.

- Have the person stay in one room and away from other people and yourself as much as possible.
- If possible, have the sick person use a separate bathroom.
- Avoid sharing personal items like dishes, towels and bedding.



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Have the sick person wear a cloth face covering when they are around people.

If they cannot put on a cloth face covering, you should wear one when around them.

Take extra germ-stopping precautions.

Wash your hands and disinfect surfaces, objects and surroundings.

Wash laundry thoroughly. If laundry is soiled, wear disposable gloves when you touch it.

Wash your hands after you remove your gloves.

Make sure the sick person drinks a lot of fluids and rests at home.



RUNNING ESSENTIAL ERRANDS

Remember to wash hands or use hand sanitizer frequently when running errands.

COVID-19



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GROCERY SHOPPING

Avoid shopping in-person when possible. Order food and essential items for delivery or curbside pick-up.

Wear a cloth face covering.

Social distance and stay at least 6 feet away from others.

If at high risk, see if the store has special hours for people at higher risk.

TAKEOUT/ FOOD DELIVERIES

Limit in-person contact.

Pay online when possible, request contact-free service and social distance when possible.

BANKING

Bank online when possible. Use ATM or drive-thru services.



GETTING GASOLINE

Wear gloves or use disinfecting wipes to clean handles and buttons before use.



MAIL & PACKAGES

After receiving packages, bringing home take-out food or collecting mail, wash your hands or use hand sanitizer.



PHARMACY VISITS

Limit visits in person and call prescriptions in ahead.

When possible, use drive-thru windows and see about getting a larger supply to reduce the number of trips.



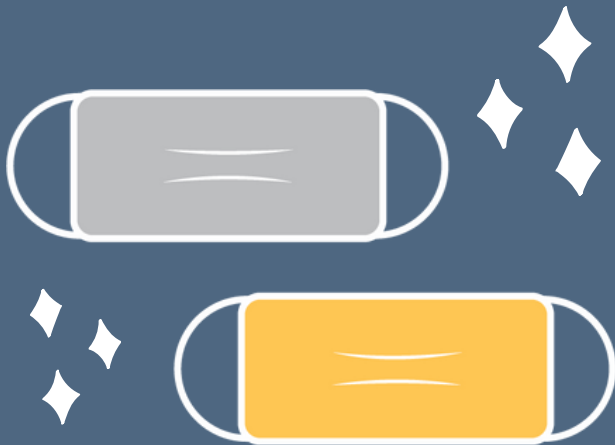
Screen employees each day for symptoms.



HOW TO PROTECT YOUR BUSINESS

COVID-19

Encourage use of face coverings with employees and customers and provide them if required.



Ensure employees are practicing good hand hygiene.

Have hand sanitizer available for employees and customers.



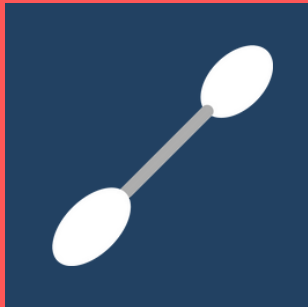
Frequently disinfect numerous times throughout the day.



Promote social distancing in your business.



TESTING 101



COVID-19 TEST (PCR)

This viral nasal swab test tells you if you have a current infection.

- **A positive test** result means you currently have an infection.
- **A negative test** result means you probably were not infected at the time your sample was collected.

However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing.

Results are typically available in 24-72 hours.



ANTIBODY TEST

This blood draw test lets you know if you have been exposed to coronavirus.

A positive antibody test result means you previously had or currently have COVID-19. The only way to know if you have a current infection is to have the COVID-19 viral test.

We do not know yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last.

Results are typically available in 24-48 hours.

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FREE COVID-19 AND ANTIBODY TESTING FOR GALVESTON COUNTY RESIDENTS

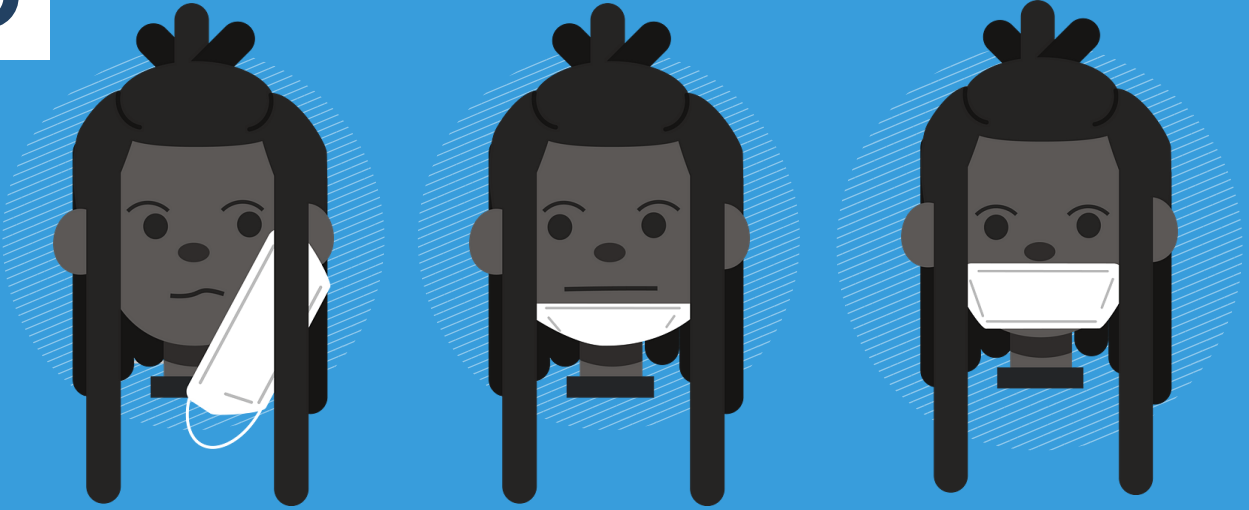
utmb Health

**CALL 832.632.6731
for an appointment.**

-  A government-issued ID is required to show proof of residence.
-  CARES Act requires insurance companies to pay for COVID-19 testing. If you have insurance, it will be charged with no out-of-pocket cost.
-  Tests for those with no insurance, or a different circumstance will be paid for through federal CARES Act funding.



NO



YES



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