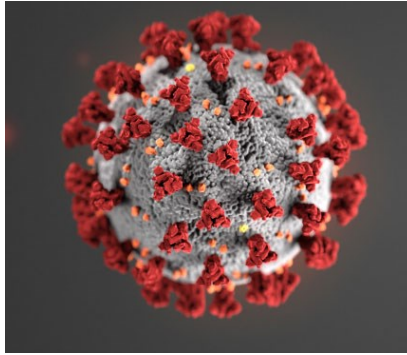


Facts About COVID-19



Fact 1: Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

Fact 2: The risk of getting COVID-19 in the U.S. is currently low.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

Fact 3: Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

Stop the Spread of Germs



Wash hands often for 20 seconds and encourage others to do the same.



If no soap and water available, use hand sanitizer with at least 60% alcohol.



Cover coughs and sneezes with a tissue, then throw the tissue away.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Disinfect surfaces, buttons, handles, knobs and other places touched often.



Avoid close contact with people who are sick.

PREVENT ILLNESS

Health & Safety



Coronavirus Alert (Do Not Enter CPCC Clinic)

If you are experiencing

Fever

Cough

Shortness of Breath

**Contact your CPCC Clinic
To reschedule an appointment.**

Signs and Symptoms

Most patients with COVID -19 report mild to severe respiratory illness.

COVID-19—Coronavirus

- Fever
- Cough
- Shortness of breath
- Symptoms may appear 2-14 days after exposure.

Influenza—Flu

- Fever
- Cough
- Shortness of breath
- Fatigue
- Body Aches
- Worsening Symptoms

Seniors and those with medical conditions are at higher risk and should pay extra attention for these symptoms.

What Do I Do?

Symptoms of COVID -19 may show up 2-14 days after exposure and may include fever, cough and shortness of breath. If you are in generally good health and have a mild illness, stay home and take care of yourself like you would for the flu.

If symptoms worsen, **call your doctor**. If you are 65 years or older and/or have other medical problems like heart disease, lung disease, diabetes, high blood pressure or cancer – and have fever or symptoms - **call your doctor**. If you are not sick enough to be hospitalized, you can recover at home.

Monitor your symptoms

Seek medical attention: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

Call your doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask when sick: Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Alert health department: Ask your healthcare provider to call the local or state health department if you have COVID -19. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.



What Do I Do? Continued...

Stay home except to get medical care.

- **Stay home:** In the case of influenza, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. People who are mildly ill with COVID-19 are able to isolate at home during their illness. Isolation time recommendation will given by your physician. You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas:** In the case of Coronavirus, do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

If you are unable to see your primary care physician contact the following locations for more information.

Public Health Region 11 (Aransas, Bee, Brooks, Duval, Kennedy, Kleberg and Jim Wells counties): 956-423-0130

San Patricio County Health Department: 361-587-3500

Live Oak County: Right now they ask that you contact the CDC 1-877-570-9779

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.