

Protecting Those in Close Living Quarters

Our family of physicians are here to provide exceptional care and protect the health and safety of all our patients and visitors.

This guidance is intended for people living together in close quarters, such as people who share a small apartment, or for people who live in the same household with large or extended families. People of any age who may or may not have certain underlying conditions are at risk for getting COVID-19.



High risk.

AGE 65 + OLDER



EXISTING HEALTH ISSUES:

- Asthma / lung disease
- Heart problems
- Immune-compromised
- Cancer
- Diabetes



PREGNANCY:

- Discuss concerns with your doctor



Stay home.

LIMIT ERRANDS



CONSIDER REMOTE LEARNING FOR KIDS



USE DELIVERY SERVICES

EAT OUTDOORS WHEN POSSIBLE



IF YOU MUST LEAVE:

- Leave shoes outside when you return
- Immediately wash hands and shower
- Leave dirty clothes in a designated place and wash hands after handling laundry



Caring for the sick.

SEPARATE THE SICK:



- If possible, provide a separate bedroom and bathroom
- Maintain a 6-foot distance



WEAR A MASK

IMPROVE AIR CIRCULATION



CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES

Are you concerned that you may have coronavirus?

Texas Health Resources Coronavirus Hotline, staffed by nurses, is available to help answer your questions. Call **682-236-7601** anytime to speak with a nurse. Learn how to protect yourself.