

What is coronavirus disease (COVID-19)?

We care for you and want you to be safe and healthy. Our team of doctors/providers are making effort to provide you with the right care, at the right time in the right way.

OVERVIEW

The coronavirus disease 2019 (COVID-19) is caused by a virus. It is an illness that was first found in December 2019. It has since spread to other countries.

The virus can cause fever, cough, and trouble breathing. In severe cases, it can cause pneumonia and make it hard to breathe without help. It can cause death.

Coronaviruses are a large group of viruses. They cause the common cold. They also cause more serious illnesses like Middle East respiratory syndrome (MERS) and severe acute respiratory syndrome (SARS). COVID-19 is caused by a novel coronavirus. That means it's a new type that has not been seen in people before.

This virus spreads person-to-person through droplets from coughing and sneezing. It may also spread by touching something that has the virus on it, such as a doorknob or a tabletop.

What can you do to protect yourself from coronavirus disease (COVID-19)?

The best way to protect yourself from getting sick is to:

- Avoid areas where there is an outbreak.
- Avoid contact with people who may be infected.
- Wash your hands often with soap or alcohol-based hand sanitizers.
- Avoid touching your mouth, nose, and eyes with unwashed hands.

What can you do to avoid spreading the virus to others?

The best way to protect others from getting sick is to:

- To help avoid spreading the virus to others:
- Cover your mouth with a tissue when you cough or sneeze. Then throw the tissue in the trash.
- Use a disinfectant to clean things that you touch often.
- Stay home if you are sick. If you must go to the doctor's office, call ahead for instructions and wear a face mask.

→ *Continued on the back*



Wear a mask or face covering in public places and where social distancing is not possible.

WHEN TO CALL FOR HELP

Call 911 anytime you think you may need emergency care. For example:

- If you have severe trouble breathing.
- You are extremely confused or not thinking clearly.
- You pass out or lose consciousness.
- If you have signs of severe dehydration, consult with a doctor.
- Wear a mask if so instructed by the doctor's office.

Call your doctor now if you develop symptoms such as:

- Shortness of breath.
- Fever.
- Cough.

If you need to get care, call ahead to the doctor's office for instructions before you go. Make sure you wear a face mask when you go there to prevent exposing other people to the virus.

WHERE CAN YOU GET THE LATEST INFORMATION?

The following health organizations are tracking and studying this virus. Their websites contain the most up-to-date information. You'll also learn what to do if you think you may have been exposed to the virus.

- **U.S. Centers for Disease Control and Prevention (CDC):** The CDC provides updated news about the disease. The website also tells you how to prevent the spread of infection. www.cdc.gov
- **World Health Organization (WHO):** WHO offers information about the virus outbreaks. WHO also has travel advice. www.who.int

Southwestern Health Resources



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.

Source: Healthwise