

Keeping Your Home Safe

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

You're probably spending a lot of time in your home these days – it's the one place where you have some control. Here are some tips that can help keep you and your home safe.



PRACTICE PREVENTION.

- **Wash your hands well and often.** Scrub with soap and water for 20 seconds. If you go out, wash your hands frequently and as soon as you return home.
- **Avoid touching your face, and cover coughs and sneezes.**
- **Clean and disinfect high-touch surfaces daily.** These include doorknobs, light switches, toilets, and sinks.
- **Limit visitors.** Having fewer people in your home means less chance of being exposed to the virus.
- **If anyone in your household is at high risk of infection, take extra precautions.** Wash your hands before and after you interact with them. Don't share personal items like towels, dishes, or glasses.
- **Wear a mask or cloth face covering** in public spaces and where social distancing isn't possible.

BE PREPARED.

- **Make a list of emergency contacts.** This might include family, friends, neighbors, doctors, employers, teachers, and community resources.
- **Stock up on prescription medicines and other essential items.**
- **Think ahead about what to do if you or a family member gets sick.** Choose a room in your house to be the sick room. If a family member gets sick, have only one person care for them. Everyone should wear a mask.



STAY INFORMED.

It's important to get information that you can trust. Experts are learning more about COVID-19 every day, so things are changing quickly. These websites provide the most up to-date information:

- Centers for Disease Control and Prevention (CDC) www.cdc.gov
- World Health Organization (WHO) www.who.int



The CDC recommends that everyone wear cloth face coverings in public settings where social distancing measures are difficult to maintain such as at grocery stores and pharmacies. **Instructions for making your own face covering are available at cdc.gov.**

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*