TEXAS Health and Human Services Texas Department of State Health Services		Inicio en español	
		A B C D E F G H I J K L M N O P Q R S T U V W X Y Z All Topics	
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Coronavirus Disease 2019 (COVID- Home > COVID-19 Home > 19)			
Coronavirus Disease 2019 (COVID-19)			
	en español	f ⊘ y D ⊠ Subscribe	
	The Texas	INFORMATION FOR:	
CORONAVIRUS DISEASE 2019		Public	
		Travelers	
		Hospitals & Healthcare Professionals	
Department of State Health Services (DSHS) is working closely with the Centers for Disease Control and Prevention (CDC) in monitoring the new coronavirus disease 2019 (COVID-19) that is causing an outbreak of respiratory illness worldwide. You can find the current Texas case count on our <u>News Updates</u> page.		Laboratories	
		Public Health	
Browse this site for <u>what to do if you're sick</u> , <u>testing information</u> , <u>symptoms</u> , and <u>prevention tips</u> to help DSHS shafear.	re facts, not	First Responders Communities & Other Specific Groups	
Hospitals, healthcare professionals, local public health, community leaders, and others can find resources through website to help them in their response to COVID-19.	out this	News Media	
This is a rapidly evolving situation and information will be updated as it becomes available. Check back often for a details and what Texans need to know about COVID-19.	the latest	MORE RESOURCES	
On March 19, 2020, Dr. John Hellerstedt, commissioner of the Texas Department of State Health Services, declared a public health disaster in Texas, because COVID-19 "has created an immediate threat, poses a high risk of death to a large number of people, and creates a substantial risk of public exposure because of the		FAQs	
		Drive-Thru Testing	
disease's method of transmission and evidence that there is community spread in Texas."		Communication Tools	
Read the full text of the declaration		DSHS Office Closures Contact Us	
See also the CDC website for the latest developments on COVID-19:			
CORONAVIRUS DISEASE 2019 (CDC)			
What to Do If You Are Sick Symptoms of COVID-19 may show up 2-14 days after exposure. The steps you should take if you think you are sick of developing severe illness.	k with COVID-19	e depend on whether you have a higher risk	
High-Risk Individuals:			
Heart Disease Heart Disease			
Older adults (65 years and older)	Systems		
 People 65 years or older, and/or people with medical issues, like heart disease, diabetes, high blood pressure risk for getting very sick from COVID-19. 	e, cancer, or a we	eakened immune system, are at a higher	
 If you are a high-risk individual and you develop fever or symptoms, call your doctor. If you are not sick enough to be hospitalized, you can recover at home. Follow your doctor's instructions and yourself at home. 	refer to <u>CDC rec</u>	ommendations for how to take care of	

General Population:

• If you are in generally good health and have mild symptoms, stay home and take care of yourself like you would for a cold or the flu.

• If symptoms worsen, call your doctor.

If you need help finding a doctor or accessing medical care, call 2-1-1 and they can direct you to low- or no-cost providers in your area.

See the CDC website for more information on how to take care of yourself and others at home if sick:



CARING FOR YOURSELF AT HOME (CDC) CARING FOR SOMEONE AT HOME (CDC) can also be found on the CDC website:

DISINFECTING YOUR HOME (CDC)

COVID-19 Testing

Your doctor will help make the decision if you should get tested for COVID-19.

If you do not have health insurance, you can still get tested for COVID-19 if your doctor or healthcare provider recommends it.

For information about testing, you just need to call your doctor and/or access care the way you usually do. If you need help finding a doctor or accessing medical care, call 2-1-1 and they can direct you to low- or no-cost providers in your area.

People can get tested for COVID-19 at drive-thru locations in certain parts of Texas.

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Symptoms of COVID-19

Cough

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include:

Learn more about <u>COVID-19 symptoms on the CDC website</u>

Fever



Shortness of Breath

Prevention of COVID-19

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to take steps to avoid exposure to this virus, which are similar to the steps you take to avoid the flu.













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Disinfect often touched surfaces

Wash hands with soap and water.

DSHS recommends these everyday actions to help prevent the spread of any respiratory virus, including COVID-19:

- Wash hands often for 20 seconds and encourage others to do the same.
- If no soap and water are 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.

DSHS also recommends that you start practicing social distancing. Social distancing involves staying away from other people to avoid catching or spreading illness. It's a fancy term for avoiding crowds and minimizing physical contact. This could mean avoiding concerts or weddings, skipping the handshake, and/or staying at least six feet away from others.

See the CDC website for more information on what you can do at home to prevent the spread of COVID-19:

GET YOUR HOUSEHOLD READY FOR COVID-19 (CDC)

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How COVID-19 Spreads

Current understanding about how the virus that causes COVID-19 spreads is largely based on what is known about similar coronaviruses.

The virus is thought to spread mainly from person to person:

- Between people who are in close contact with one another (within about 6 feet).
- Via respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads. Download the Stop the Spread of Germs flyer. Read the latest information from the CDC on how COVID-19 is spread ▲ Тор Learn More To learn key facts and help stop the spread of rumors, see the Share Facts, Not Fear page on the CDC's COVID-19 website. For more in-depth information on COVID-19, see the CDC's Frequently Asked Questions (FAQs). ▲ Тор **Contact Us** If you have any questions or would like more information about the content on this page, contact by email or by phone: Email: coronavirus@dshs.texas.gov For questions about COVID-19, dial 2-1-1, then choose Option 6. Hours: 7:00 a.m. - 8:00 p.m., 7 days per week If you experience difficulty when dialing 2-1-1, please email coronavirus@dshs.texas.gov. For local assistance, see the listing of Coronavirus Disease 2019 (COVID-19) Local Health Entities. ▲ Тор This page is being updated as new information becomes available. Last updated March 23, 2020 Contact Us | Visitor Information | Compact with Texans | File Viewing Information | Site Policies | Texas HHS | Jobs at DSHS

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