COVID-19: What to Do

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.

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.

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS Health and Human Services | Texas Department of State Health Services

updated 03/10/20
3:17 pm

For updates and more information, visit dshs.texas.gov/coronavirus