

Why do I have to self isolate?

COVID-19 is spread via respiratory droplets and is very contagious. If a sick person is within 6 feet of another person and doesn't protect their sneeze or cough, their respiratory droplets can land on the other person's eyes/nose/mouth and cause infection. A sick person can also spread it by touching a surface (doorknob, light switch, shopping cart, phone, etc.) after coughing/sneezing into their hand or touching their face. It is challenging to prevent the spread of germs, even with the best hygiene, which is why sick people must stay home and stay in their rooms.

How long do I have to self-isolate?

It depends but most people need to self-isolate for 14 days.

Who determines how long I'll need to self-isolate?

Your local health department.

How do I contact the health department?

The easiest way is to visit the website at <https://dshs.texas.gov/coronavirus>. There is also a COVID-19 hotline. Montgomery County: (936) 523-5040. Lee County: (877) 570-9779. Expect long hold times, call centers are overloaded, and multiple calls may be required.

Do I have to call the health department?

Yes, the best way to combat this illness is by accurate tracking and isolation of people who may spread it. The health department has the best resources to do this.

Do I have to get tested?

Not always, it depends on the health department's recommendations.

How can I get tested?

Most federal health clinics and emergency rooms have COVID-19 testing kits. The health department will help determine where you can be tested.

How can I manage my symptoms from home?

COVID-19 is usually a mild lower respiratory illness for most people, so it should respond well to over the counter cough suppressants, rest, and fluids.

Who is at highest risk of developing severe symptoms?

People over 65, those with compromised immune systems (cancer), kidney, heart, or lung disease, and diabetics.

What do I do if I'm feeling worse?

Call your doctor or the health department to discuss the best course of action. If it is a life threatening emergency, call 911.

Where can I find more information?

Montgomery County Health Department
(936) 523-5040
Lee County Health Department
(877) 570-9779

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



COVID-19

CORONAVIRUS

PATIENT EDUCATION PAMPHLET



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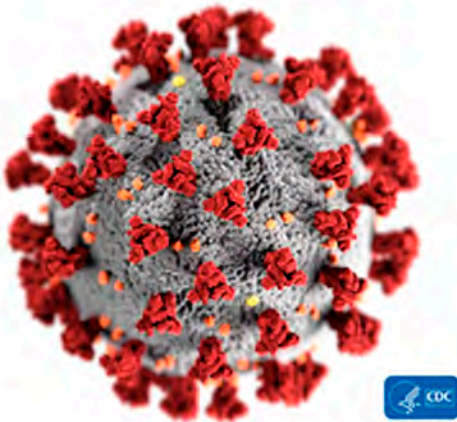
Magnolia Location: (281) 583-1980
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What is Coronavirus?

“Coronavirus” is a term that refers to a family of viruses that cause the common cold. “COVID-19” is the new type of coronavirus that has been causing more severe flu-like illness.

Where did the virus originate?

COVID-19 was first detected in Wuhan, China, in December 2019.



How does the virus spread?

Just like every other cold or flu! If you're within 6 feet of a sick person who doesn't protect their sneeze or cough, their respiratory droplets can land on your eyes/nose/mouth and cause infection. You can also catch it by touching your face after touching a surface with COVID-19 particles on it (a sick person's hand, a doorknob, a light switch, a shopping cart, etc.).

How long does it live on surfaces?

The virus can live on surfaces for two to nine days.

How can I protect myself?

Avoid being in the same room with people who are sick. Wash your hands with soap and water for twenty seconds or use an alcohol-based hand sanitizer with at least 60% alcohol. Do not touch your eyes or mouth, and stay home if you are sick. Cough or sneeze into your elbow and clean surfaces frequently with an antiviral disinfectant. The current recommendation is that face masks should only be used people who are exhibiting signs of infection or protecting health care professionals.

How do you know if you have COVID-19?

Within 2-14 days of travel to a high-risk country or close contact with a COVID-19 patient, you may develop symptoms that include fever, cough, and shortness of breath.



Is there a vaccine?

Currently, there is no vaccine, and it is anticipated that it will take 12 to 18 months to develop one.



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What is self-isolation?

Self-isolation is when a person who is suspected of having or carrying an infectious pathogen, such as the COVID-19 virus, isolates themselves from others.

How do I self isolate?

Stay home! Use a separate bedroom and bathroom. Ask family members to bring food to your door.

If you must be around people, keep a 6-foot distance between you, wear a mask, do not touch your face or unnecessary surfaces, and cough into your elbow immediately followed by hand washing.

