

COVID-19 RESPONSE

HOUSING PROGRAM RESOURCES

Coronavirus disease (COVID-19) is a respiratory illness that can spread from person to person. Know the signs, and what you can be doing to protect yourself.

SYMPTOMS

Symptoms can include a fever, cough, and shortness of breath and may appear 2-14 days after exposure.

MILD SYMPTOMS

If you are experiencing mild symptoms, it is best to **STAY HOME** and seek medical advice over the phone from your doctor. Not everyone needs to be tested for COVID-19, as many are able to recover at home without medical attention.

EMERGENCY WARNING SIGNS

Be aware of signs that you are in need of emergency medical attention. If you are experiencing any of these symptoms, **CALL 911** or report to the nearest emergency department. Signs can include trouble breathing, persistent pain or pressure in the chest, confusion, bluish lips or face.

TELEHEALTH RESOURCES

Protect yourself and **STAY HOME** as much as possible. Call your doctor for medical assistance or local health providers at one of the numbers below!

Medical City Fort Worth & Arlington

If you cannot access online resources, please call 833-582-1974

Texas Health Resources (All Locations)

Call your insurance company to check on availability and to determine if a virtual care appointment is needed. The Texas Health Coronavirus Hotline is 682-236-7601.

Baylor Scott & White All Saints Medical Center (All Locations)

Text BETTER to 88408 to start your screening.

Tarrant County Coronavirus Hotline

817-248-6299

Links to online COVID-19 screenings and virtual appointments can be found at

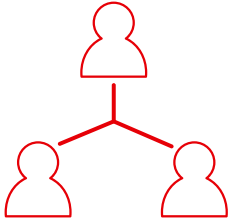
<https://ahomewithhope.org/education/coronavirus-resources/>



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PREVENTATIVE MEASURES

Protect yourself from Coronavirus the same way you protect yourself from other viruses with the practices below.

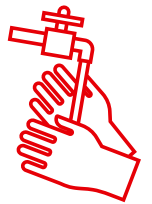


DISTANCE YOURSELF IF YOU ARE SICK

Staying at least 6 feet apart will help reduce the risk of spreading any type of illness to other individuals.

WASH YOUR HANDS THOROUGHLY & OFTEN

Use warm water and soap for at least 20 seconds, cleaning between your fingers and under your nails. If not available, use hand sanitizer with 60% alcohol.

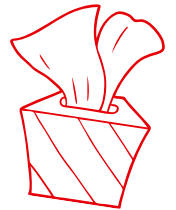


AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH

Especially with unwashed hands. If warm water and soap are not available, use hand sanitizer with over 60% alcohol.

COVER COUGHES & SNEEZES

Use a tissue or the inside of your elbow & wash your hands immediately afterwards.



CALL TARRANT COUNTY PUBLIC HEALTH HOTLINE

People without serious symptoms or exposure to confirmed cases will likely not get tested. Call 817-248-6299 if you have other questions or if you believe you are infected with the virus that causes COVID-19.