

# 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

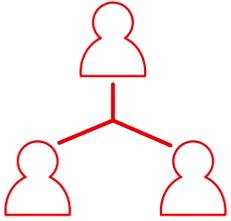
<https://ahomewithhope.org/education/coronavirus-resources/>



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## PREVENTATIVE MEASURES

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

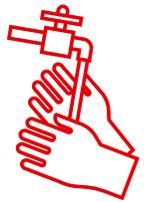


### DISTANCE YOURSELF IF YOU ARE SICK

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.