

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

1. Diseases can make anyone sick regardless of their race or ethnicity.
 - Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.
2. For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.
 - Older adults and people of any age who have serious [underlying medical conditions](#) may be at higher risk for more serious complications from COVID-19.
3. Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
 - For up-to-date information, visit CDC's coronavirus disease [situation summary page](#).
4. There are simple things you can do to help keep yourself and others healthy.
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
5. You can help stop COVID-19 by knowing the signs and symptoms:
 - Fever
 - Cough
 - Shortness of breath

Seek medical advice if you

- Develop symptoms, and
- Have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an area with ongoing spread of COVID-19. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

Resources

- Texas Department of State Health Services (DSHS) <https://dshs.texas.gov/coronavirus/>
 - What to Do If You Are Sick: <https://dshs.texas.gov/coronavirus/#ifsick>
 - Testing Information: <https://dshs.texas.gov/coronavirus/#test>
 - Symptoms: <https://dshs.texas.gov/coronavirus/#symptoms>
 - Prevention Tips: <https://dshs.texas.gov/coronavirus/#prevent>
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - How to Prepare: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
 - How it Spreads: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>
 - How to Protect Yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
 - Protect Your Family: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html>
 - Protect Your Home: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-home.html>
 - Manage Anxiety and Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
 - Symptoms and Testing: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>
 - Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - Testing: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
 - Reducing Stigma: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html>
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