

# COVID-19

The overall risk of COVID-19 in Texas to the general public is elevated at this time due to the growing evidence of person-to-person spread in the United States.

## How does it spread?

Coronaviruses most commonly spread from an infected person to others through:

- Respiratory droplets released into the air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

## Symptoms

Patients with confirmed infection have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath
- Runny nose
- Loss of smell/taste
- Sore throat
- Diarrhea

If you are experiencing these symptoms contact your health care provider.

**Be sure to call ahead before going to your doctor's office or emergency department to prevent any potential spread.**

## Prevention

The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces
- Wear a face covering when around others or at a business

**For more information, please visit:**  
[www.AustinTexas.gov/COVID19](http://www.AustinTexas.gov/COVID19)

