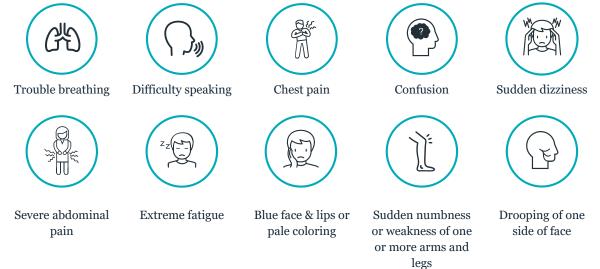


Don't delay or avoid lifesaving emergency care. Avoiding ERs out of fear of contracting coronavirus (COVID-19) can have dire consequences during emergencies requiring time-sensitive treatment. Emergency rooms and clinics are among the safest places to receive care that can't wait.

Seek care for any of these symptoms.



If you or someone you know needs emotional support or is experiencing a mental health crisis, call 512-472-HELP (4357), Integral Care's 24/7 helpline.

Central Texas ERs offer:

- 24/7 emergency care
- COVID-19 precautions for safety
- Compassionate staff who listen to understand
- Networks for follow-up care

If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.









