

# COVID – 19

## Questions & Answers

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### I THINK OR KNOW I HAVE COVID-19! WHAT SHOULD I DO?

<p><b>STAY HOME</b> from work, school, or other public places.</p> 	<p><b>CHECK</b> your <b>SYMPTOMS</b>. If they get worse, call your doctor.</p> 	<p>If you have an appointment, <b>CALL AHEAD</b> and inform them of your COVID status.</p> 	<p><b>NOTIFY</b> any recent close <b>CONTACTS AND EMPLOYER</b>.</p> 	<p><b>COVER</b> your <b>COUGH</b> or <b>SNEEZE</b>.</p> 
<p>Get plenty of <b>REST</b> and stay <b>HYDRATED</b>.</p> 	<p><b>WASH YOUR HANDS</b> often with soap or hand sanitizer.</p> 	<p><b>STAY AWAY</b> and <b>DON'T SHARE</b> with others in the house.</p> 	<p><b>CLEAN</b> high-touch <b>SURFACES</b>.</p> 	<p><b>WEAR A MASK</b> to prevent spread.</p> 

## SYMPTOMS

For more information on COVID-19 symptoms, please visit:  
[www.cdc.gov/covid19-symptoms](http://www.cdc.gov/covid19-symptoms)

### COMMON

- Fever ( ≥ 100.4° F)
- Chills and Body Aches
- Coughing
- Shortness of Breath
- Loss of Taste or Smell

### EMERGENCY

Call 911 or your doctor

- Trouble Breathing
- Chest Pain or Pressure
- Confusion
- Trouble Staying Awake
- Blue Lips or Face

<p><b>I Think I Had COVID-19, and I Had Symptoms!</b></p>	<p><b>I Tested Positive for COVID-19, But I Had No Symptoms!</b></p>	<p><b>I Have Been Around Someone Who Had COVID-19!</b></p>
<p>You should stay away from others until :</p> <ul style="list-style-type: none"> <li>• 10 days have passed since your symptoms first started and</li> <li>• An additional 3 days have passed with no symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>• You can be around others after 10 days from the day you were tested.</li> <li>• Notify your employer and any close contacts.</li> <li>• Talk to your healthcare provider for more information.</li> </ul>	<ul style="list-style-type: none"> <li>• If possible, stay home for 14 days.</li> <li>• Notify your employer and doctor.</li> <li>• Check your temperature twice a day. If you have a fever or difficulty breathing, contact your doctor.</li> </ul>

San Patricio County thanks you for your continual patience and cooperation!