

## PRESS RELEASE

**Reference:** COVID-19 Novel Coronavirus Low Risk Exposures

The Texas Department of State Health Services (DSHS) Public Health Region 11 and local county, and city officials continue to work together against COVID-19. We are vigilant and reporting results for COVID-19 in the region. We are also working together to educate and promote social distancing and staying at home.

The Texas Department of State Health Services (DSHS) Public Health Region 11 is reminding the public that it is conducting contact investigation on persons who have tested positive to determine possible exposure to others. If the health department has not contacted you, there is no need to take any action at this time.

In order to share facts and not fear, we continue to emphasize the importance of prevention and there are simple steps everyone can take to help prevent spreading the virus:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a 60% 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. This would include items delivered such as packages, mail, groceries or pharmacy items.
- Stay at home and practice social distancing when out on essential business

Minimizing exposure is especially important for people who are 65 or older or who have an underlying health condition like heart disease, lung disease, diabetes, high blood pressure or cancer. People in those groups have a higher risk of developing severe disease if they do get COVID-19. The safest thing for them during an outbreak will be to stay home and minimize close contact with other people. To get ready, they should talk to their doctor about getting additional prescription medications and have enough household items to stay home as needed.

People who experience COVID-19 symptoms like fever, cough and shortness of breath should contact their health care provider and follow their instructions on being assessed. If you suspect you have been exposed to a person with COVID-19 you should self-isolate at home and monitor your temperature and symptoms.

Sincerely,

Dr. Emilie Prot, DO, MPH  
Regional Medical Director, Region 11