

COVID-19 (novel coronavirus)

Notes from our Department of State Health Services, more information can be found on their website, see the link below. This is a good plan to avoid all illnesses. Flu and Gastroenteritis are still being seen all over the state.

A travel-related case of COVID-19 in Texas **doesn't** indicate spread within the state, but DSHS, the Texas Division of Emergency Management, and all state agencies continue their ongoing preparations so that all of state government is working together to limit the spread of the virus and protect Texans. **The immediate risk to most Texans remains low.**

There are simple steps everyone can take to help prevent the spread of respiratory viruses like COVID-19:

- 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.

DSHS has additional information on the COVID-19 for the public, health care professionals, health departments and labs at [dshs.texas.gov/coronavirus](https://www.dshs.texas.gov/coronavirus).

The Texas Department of State Health Services is urging health care professionals to ask patients with respiratory symptoms about their travel history and contact their local or regional health department if they think a patient may have COVID-19. DSHS is working with local health departments to monitor and assess people with recent travel to China for possible COVID-19 testing.

<https://www.dshs.texas.gov/news/updates.shtm#flu>