What is COVID-19?

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new Coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness. [http://www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

How COVID-19 is spread?

You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person. You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks. You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

- Wash your hands often
- Avoid touching your face
- Avoid close contact with people who are sick
- Stay home when you're sick
- Cover coughs + sneezes
- Clean frequently touched surfaces
- Practice physical distancing (at least 6 feet apart)

What to do If you are sick

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider immediately. Keep track of your symptoms. If you have an emergency warning sign (including trouble breathing), get medical attention right away.
COVID-19 symptoms can include fever, cough, and shortness of breath. This may be similar to other illnesses, like the flu and common cold. Many people with COVID-19 have mild or few symptoms, and some may have no symptoms at all.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Covid 19</th>
<th>Flu</th>
<th>Cold</th>
<th>Allergies</th>
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<tbody>
<tr>
<td>Cough</td>
<td>Often</td>
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<td>Sometimes</td>
<td>Sometimes</td>
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<tr>
<td>Fever</td>
<td>Often</td>
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<td>Rarely</td>
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<td>Body aches</td>
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<td>Rarely</td>
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<td>Shortness of breath</td>
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<td>Rarely</td>
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<td>Headache</td>
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<td>Often</td>
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<td>Fatigue</td>
<td>Sometimes</td>
<td>Often</td>
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<td>Sore throat</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Never</td>
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<td>Loss of taste or smell</td>
<td>Sometimes</td>
<td>Rarely</td>
<td>Rarely</td>
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<td>Diarrhea</td>
<td>Sometimes</td>
<td>Rarely</td>
<td>Never</td>
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<tr>
<td>Chest pain or pressure</td>
<td>Rarely</td>
<td>Rarely</td>
<td>Never</td>
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<tr>
<td>Runny nose</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Often</td>
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<tr>
<td>Sneezing</td>
<td>Rarely</td>
<td>Sometimes</td>
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<tr>
<td>Watery eyes</td>
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<td>Often</td>
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</tbody>
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HOW TO SAFELY WEAR AND TAKE OFF A FACE COVERING

WEAR YOUR FACE COVERING CORRECTLY
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

USE THE FACE COVERING TO PROTECT OTHERS
- Wear a face covering to protect others in case you’re infected but don’t have symptoms
- Keep the covering on your face the entire time you’re in public
- Don’t put the covering around your neck or up on your forehead
- Don’t touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU’RE HOME
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see: cdc.gov/coronavirus
Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Most schools, places of public gathering, and nonessential businesses are closed, and parents and other caregivers are faced with helping their families adjust to the new normal.

This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better. It is very important to remember that children look to adults for guidance on how to react to stressful events.

Acknowledging some level of concern, without panicking, is appropriate and can result in taking the necessary actions that reduce the risk of illness. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

This is also a tremendous opportunity for adults to model for children problem-solving, flexibility, and compassion as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways. The following tips can help:

**STAY CALM, LISTEN, AND OFFER REASSURANCE**

- Be a role model. Children will react to and follow your reactions. They learn from your example.
- Be aware of how you talk about COVID-19. Your discussion about COVID-19 can increase or decrease your child’s fear.
- If true, remind your child that your family is healthy, and you are going to do everything within your power to keep loved ones safe and well. Carefully listen or have them draw or write out their thoughts and feelings and respond with truth and reassurance.
- Explain that while we don’t know how long it will take to "flatten the curve" to reduce the number of those infected, we do know that this is a critical time—we must follow the guidelines of health experts to do our part.
• Explain social distancing. Children probably don’t fully understand why parents/guardians aren’t allowing them to be with friends. Tell your child that your family is following the guidelines of the Centers for Disease Control and Prevention (CDC), which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Showing older children the "flatten the curve" charts will help them grasp the significance of social distancing.

• Demonstrate deep breathing. Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.

• Focus on the positive. Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects. Organize belongings, create masterpieces. Sing, laugh, and go outside, if possible, to connect with nature and get needed exercise. Allow older children to connect with their friends virtually.

• Establish and maintain a daily routine. Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others’ need for quiet or uninterrupted time and when they can connect with friends virtually.

• Identify projects that might help others. This could include: writing letters to the neighbors or others who might be stuck at home alone or to healthcare workers; sending positive messages over social media; or reading a favorite children’s book on a social media platform for younger children to hear.

• Offer lots of love and affection
Common Reactions

The common reactions to distress will fade over time for most children. Children who were directly exposed to a disaster can become upset again and behavior related to the event may return if they see or hear reminders.

If children continue to be very upset or if their reactions hurt their relationships or schoolwork, parents may want to talk to a professional or have their children talk to someone who specializes in children’s emotional needs.

Learn more about common reactions to distress below:

For Infants to 2 year olds:  Infants may become more cranky. They may cry more than usual or want to be held and cuddled more

3 to 6 year olds:  They may have toileting accidents, bed-wetting, tantrums and a hard time sleeping, or be frightened about being separated from their parents/caregivers

7 to 10 year olds:  Older children may feel sad, mad, or afraid that the event will happen again. Correct misinformation the child may get from others.

For Preteens and Teenagers:  Some preteens and teenagers respond to trauma by acting out or feeling afraid to leave the home. Their overwhelming emotions may lead to increased arguing and even fighting with siblings, parents/caregivers or other adults.

For Special Needs Children:  Children with physical, emotional, or intellectual limitations may have stronger reactions to a threatened or actual disaster. Children with special needs may need extra words of reassurance, more explanations about the event, and more comfort and other positive physical contact such as hugs from loved ones.

Want to learn more?

https://www.cdc.gov/childrenindisasters/index.html
Mental Healthcare professionals worry that quarantine and social distancing is only exacerbating mental health crises in our communities. The outbreak of Coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:
- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol or other drugs

Ways to cope with the stress:
1. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
2. Take care of your body, take deep breaths, stretch, meditate
3. Try to eat healthy, well-balanced meals and exercise regularly and get plenty of sleep
4. Avoid alcohol and drugs
5. Make time to unwind. Try to do some other activities you enjoy.
6. Connect. Talk with people you trust about your concerns and how you are feeling.
When you are at work:
- Attend meeting virtually when possible
- Allow for 6 feet of space per person
- Maintain sufficient spacing in meetings

While You Shop:
- Plan ahead
- Go alone
- Be quick
- Wash or sanitize hands often
- Clean cart handle

Practice Social Distancing
- Stay 6 feet away from others
- Stay home if possible
## Important Dates and Guidelines for Opening Stages

### Stage 1 – April 17
Reopening businesses that pose little to no threat of spreading COVID-19.

### Stage 2 – April 27
Additional openings after receiving additional input from medical experts.

### Stage 3 – May 11
More openings announced as testing capabilities are able to detect and contain outbreaks of COVID-19.

### Important dates:
- **Schools will not reopen this semester.**
- **April 20:** Texas State Parks reopened (visitors still required to stay six feet apart)
- **April 22:** Current restrictions on elective surgeries have been loosened. Standards have been increased for nursing homes and assisted living facilities.
- **April 24:** All stores in Texas are able to operate "retail-to-go."
- **April 27:** Phase two began.
- **May 1:** Texas restaurants, retail stores, malls, movie theaters and museums are allowed to reopen at 25% capacity.
- **May 8:** Salons, barbershops, nail salons and tanning salons may reopen. These businesses must operate with one customer per stylist. If customers are waiting inside, they must stay six feet apart; otherwise, customers should wait outside. Stations must be six feet apart and the governor recommends that customers and stylists wear face masks.
- **May 11:** Phase three begins and aims to build a team of 4,000 contact tracers.
- **May 18:** Gyms and other exercise facilities may reopen, as long as they meet the 25% capacity requirement. Showers and locker rooms must remain closed and equipment must be disinfected. Gym customers should wear gloves that cover the entire hand and fingers. Customers at gyms also must be six feet apart. Non-essential manufacturers may also reopen on May 18. Phase two could allow even more businesses to reopen and expand the capabilities of phase one businesses by this date. Camping in Texas State Parks can also resume, with social distancing practices still in effect.
Texas COVID-19 Mental Health Resources

- 2-1-1 connects people with the resources they need across Texas. Search easy-to-find information from state and local health and human services programs.
- Crisis Text is free, 24/7 support for those in crisis. Text TX to 741741 from anywhere in the U.S. to text with a trained crisis counselor.
- National Association on Mental Illness (NAMI) offers a helpful COVID-19 Resource and Information Guide for individuals with questions or concerns related to COVID-19.

Local Georgetown Resources: For the latest information about services and restrictions in Georgetown: bit.ly/COVID19GTX (URL is case sensitive)

Food assistance
- Meals On Wheels (512) 763-1400 • owbc-tx.org
- Helping Hands of Georgetown (512) 864-5092 • helpinghandsgtx.org
- The Caring Place (512) 943-0700 • caringplacetx.org

Youth services
- Georgetown ISD (512) 943-5000 • georgetownisd.org
- The Georgetown Project (512) 943-0074 • georgetownproject.org

Housing assistance
- Austin Tenants Council (also serving WilCo) (512) 474-7006 • housing-rights.org

Mental health and health services
- Bluebonnet Trails Community Services (800) 841-1255 • bbtrails.org
- Lone Star Circle of Care (877) 800-5722 • lonestarcares.org
- Texas Mental Health Support Line (833) 986-1919
- Samaritan Center (512) 451-7337 • samaritan-center.org

Domestic violence services
- Hope Alliance (800) 460-7233 • hopealliancetx.org

City and county services
- Georgetown Police Department emergency 911 • non-emergency (512) 930-3510
- Georgetown Fire Department emergency 911 • non-emergency (512) 930-3473
- Stay Home Stay Safe Order (512) 943-1600 • wilco.org/coronavirusCentral Texas COVID-19 Hotline (512) 972-5560 • wcch.org/COVID-19
With the current outbreak of COVID-19, frequently cleaning and disinfecting your home is essential for keeping yourself and your family safe and healthy. While person-to-person transmission of COVID-19 poses a much greater risk than transmission via surfaces, the Centers for Disease Control (CDC) recommends cleaning and disinfecting high-touch surfaces at least once a day, even if you're not leaving the house. That's because anytime items or people come in and out of your home, there's some possibility of exposure.

A recent study found that the novel Coronavirus can remain in the air for up to three hours and live on surfaces such as cardboard for up to 24 hours, and plastic and stainless steel for up to three days.

Georgetown Housing Authority (GHA) cares about our residents and participants. GHA wants to make sure you are properly cleaning and disinfecting your home and keeping your household as germ-free as possible.

GHA will be providing each household with bleach, antibacterial soap, hand sanitizer, 4 rolls of toilet paper, Lysol toilet bowl cleaner, Lysol wipes, Lysol 4 in 1 cleaner, Lysol Disinfectant spray, microfiber cloth and face masks.
Are you experiencing symptoms of COVID-19? Please visit www.wcchd.org to complete the assessment to pre-register for FREE testing for you or a loved one. Schedule a no-cost, drive-through COVID-19 test at a local Public Health facility. Please note that at this time, Public Health testing sites are drive-through only. You must be in a vehicle to be tested at these sites.

AWCCHD is partnering with Austin Public Health to provide online screening and testing. There are testing locations in Georgetown and Austin. You may receive emails from "Austin Public Health" for confirmations - this is not a mistake!

Please register on http://www.wcchd.org/COVID-19/testing.php

All information you provide is confidential and will not be shared with others. If you have other COVID-19 health concerns, please call your healthcare provider, or call the Williamson County and Cities Health District at 512-943-3660 from 8am-6pm, 7 days a week. You can also visit these websites for additional information and help:

https://www.georgetownisd.org/coronavirus
https://georgetownchamber.org/coronavirus
https://www.wilco.org/coronavirus