

Austintexas.gov/COVID19

Slow the Spread



Wash Hands



Cough into
Elbow



Avoid Those
Who Are Sick



Stay at Least
Six Feet Away



Wear face coverings when around others
Face coverings should:

- fit snugly against the side of the face
- use more than one layer of cloth
- be easy to breath when using
- if cloth, be able to be washed

Know the symptoms



Fever



Cough



Shortness of
Breath



Headache



Sore throat



Shaking, chills,
and
muscle pain



Loss of smell
and taste

Use hand sanitizer when you cannot wash your hands

Medical resources if you are sick

- **CommUnityCare:** 512-978-8775, for uninsured
- **Baylor Scott & White:** text BETTER to 88408
- **Public Enrollment for COVID-19 Testing Visit:** austintexas.gov/covid19
- **Ascension:** download the app, use HOME code
- **Primary Care:** if you have a doctor, call for an appointment

How to get more help

- For food, showers, handwashing needs: www.AustinTexas.gov/homelessness
- **HOST** team in the downtown and West Campus areas: **512-804-3720**
- Call 2-1-1 and press option 6



Austintexas.gov/COVID19 or call 3-1-1

[Austintexas.gov/homelessness](https://austintexas.gov/homelessness)

Spring - Summer 2020