

What to do if you've been exposed to COVID-19

Our family of physicians are here to provide exceptional care and protect the health and safety of all our patients and visitors.



Stay home. If you've been exposed, you should stay in isolation for 14 days. Don't go to school, work, or public areas. And don't use public transportation. Leave your home only if you need to get medical care. But call the doctor's office first so they know you're coming, and they may ask you to wear a mask at the clinic.



Call your doctor or other health professional to let them know that you've been exposed. They might want you to be tested or they may have other instructions for you.



Limit contact with people in your home. If possible, stay in a separate bedroom and use a separate bathroom.



Wash your hands before and after contact with pets.



Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your elbow to avoid coughing into the open air, especially if you near to others. Then throw your tissue in the trash right away.



Wash your hands often, especially after you cough or sneeze. Use soap and warm water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.



Limit the sharing of personal household items. These include bedding, towels, cups and glasses, and eating utensils.



Clean and disinfect your home every day. Use household cleaners or disinfectant wipes or sprays. Take special care to clean things that you grab with your hands. These include doorknobs, remote controls, phones, and handles on your refrigerator and microwave. And don't forget countertops, tabletops, bathrooms, and computer keyboards.



If instructed to go to your doctor's office, they may instruct you to wear a mask upon arrival to the clinic or to enter through a different door so you don't come in contact with others.



The CDC recommends that everyone wear cloth face coverings in public settings where social distancing measures are difficult to maintain such as at grocery stores and pharmacies. **Instructions for making your own face covering are available at [cdc.gov](https://www.cdc.gov).**

Southwestern Health Resources



**Texas Health Resources
Coronavirus Hotline 682-236-7601**