

# YOU CAN STOP THE SPREAD OF COVID-19



## STAY HOME:

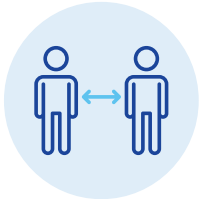
You can still do the following activities:

- Get supplies like food, medicine and gas
- Visit a medical provider
- Walk, run, bike



## IF YOU ARE SICK:

- Stay home
- COVID-19 symptoms include fever, cough and shortness of breath
- Contact a medical provider if you have shortness of breath
- Going to the doctor will not cause problems with immigration



## KEEP YOUR DISTANCE:

- Stay at least 6 feet from other people
- Do not gather in groups with family and friends
- Stay away from crowded places



## WASH YOUR HANDS:

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.



## FACE MASKS:

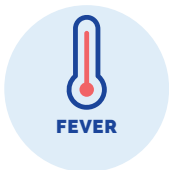
- Wear cloth face masks in public
- Do not touch the front of the mask when removing the mask. Wash your hands afterward.
- Wash cloth mask daily

## TOGETHER WE CAN SAVE LIVES!

For more information call **210-207-5779**

## SHOULD I GET TESTED FOR COVID-19?

Pre-Approved COVID-19 Testing is for people who are feeling sick and have any of the following symptoms:



FEVER



COUGH



SHORTNESS OF BREATH

If you have any of these symptoms, complete the self-screening online at [sanantonio.gov/COVID19](https://sanantonio.gov/COVID19) or call **311 option 8**.

## PRE-APPROVED COVID-19 TESTING

- Appointment is required
- Site hours: 8am - 5pm daily
- No Insurance? Testing will be provided at no cost

To schedule an appointment call **311 option 8**.

