

Coronavirus COVID-19 Symptoms

The symptoms of Coronavirus COVID-19 can be similar to the flu or a bad cold. Symptoms include a fever, cough and shortness of breath, according to the Centers for Disease Control.

Most healthy people will have mild symptoms. A study of more than 72,000 patients by the Centers for Disease Control in China showed 80 percent of the cases there were mild.

But infections can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death, according to the World Health Organization. Older people with underlying health conditions are most at risk.

The CDC believes symptoms may appear anywhere from two to 14 days after being exposed.

Human coronaviruses COVID-19 are usually spread through...

- ❖ The air by coughing or sneezing
- ❖ Close personal contact, such as touching or shaking hands
- ❖ Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

Help stop the spread of coronavirus COVID-19

- ❖ Stay home when you are sick.
- ❖ Eat and sleep separately from your family members
- ❖ Use different utensils and dishes
- ❖ Cover your cough or sneeze with your arm, not your hand.
- ❖ If you use a tissue, throw it in the trash.

Lower your risk

- ❖ 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.
- ❖ Clean and disinfect frequently touched objects and surfaces.
- ❖ If you are 60 or over and have an underlying health condition such as cardiovascular disease, diabetes or respiratory illnesses like asthma or COPD,

the World Health Organization advises you to try to avoid crowds or places where you might interact with people who are sick.

Get complete coverage of the coronavirus by texting 'FACTS' to 713-526-1111.

COVID-19 TESTING IS NOW AVAILABLE

Who should be tested for COVID-19?

- People with fever* above 100.4°F (38°C) and respiratory symptoms who:
- Have had close contact** with someone diagnosed with COVID-19
- Have other health conditions (diabetes, lung disease, heart disease, pregnancy)
- Are age 60 and older
- Are residents of nursing homes
- Part of an investigation of a cluster or an outbreak
- Are Healthcare workers/First responders

Who does not need to be tested for COVID-19?

- People without symptoms related to coronavirus disease

Anyone who is sick needs to stay home. To protect yourself, wash your hands frequently with soap and water, cover your cough/sneeze with a tissue or inside elbow and maintain a distance of about from 6 feet or more from others.

For a COVID-19, self-assessment, go to <https://checkforcorona.com/harris-county#/welcome>. This is only an assessment tool and does not replace medical advice from a healthcare provider.

Step 1 - Online Screening:

Take the Houston and Harris County Public Health self-assessment tool to see if you qualify for testing.

If you go through the online screening process and are deemed "at-risk," you will receive a unique code and a phone number to call.

Step 2 - Phone Consultation:

Call the given number and complete phone consultation. If deemed "at-risk" you will be given another unique code and information of where to get your first test.

Step 3 - Testing Facility:

Proceed to the testing facility at your scheduled time. Be sure to bring with you a photo ID and other information as requested by your nurse screener.

For questions, call: #832-927-7575

If you are experiencing a life-threatening emergency, please call 911.

If you have other health concerns, please call your healthcare provider. Residents without access to healthcare can call the Harris Health Ask My Nurse line for COVID-19-related questions at 713-634-1110 from 9am-7pm, 7 days a week. For more information on COVID-19, please go to www.readyharris.com or www.hcphtx.org or www.houstontx.gov/health/.

*Older than 65 and temperature above 99.6F

**Close contact is defined as:

a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case – or –

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

Harris County Summary from the Harris County Public Health Department

Novel Coronavirus Disease (COVID-19) is an emerging, rapidly evolving situation. To stay up-to-date on information, please refer to CDC who provides information as it becomes available, in addition to updated guidance.

Harris County Public Health is working closely with the Centers for Disease Control and Prevention, Texas Department of State and Health Services and other health partners in monitoring the developing outbreak and will promptly report any confirmed cases in our jurisdiction.

What is COVID-19?

A new coronavirus (COVID-19) was detected in Wuhan City, Hubei Province, China and is causing an outbreak of respiratory illness. The COVID-19 outbreak began in December 2019, and Chinese health officials have reported thousands of COVID-19 infections in China.

How do people become infected?

Human coronaviruses most commonly spread from an infected person to others through:

- Coughing and sneezing;
- Close personal contact, such as touching or shaking hands;
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands; and
- Rarely, fecal contamination.

It's not clear yet how easily COVID-19 spreads from person to person.

Many of the patients in the pneumonia outbreak caused by COVID-19 in Wuhan, China had some link to a large seafood and a live animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring. There is much more to learn about how it passes from one person to another, severity, and other features associated with COVID-19, and investigations are ongoing.

How can I avoid infection with COVID-19?

- 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.
- 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.

For Harris County Residents:
Harris County Public Health (HCPH)

www.hcphtx.org\COVID-19

www.ReadyHarris.org

832-927-7575*

*This number is 9 a.m. - 7 p.m., everyday

Harris Health System

www.harrishealth.org

Ask-My-Nurse

713-634-1110*

*This number is 9 a.m. - 7 p.m., everyday clinical-related questions

For City of Houston Residents:

Houston Health Department

www.HoustonHealth.org

www.HoustonEmergency.org

832-393-4220*

*This number is staffed 9 a.m. to 7 p.m. M-F, 9 a.m. - 3 p.m. on Sat.

For Fort Bend County Residents:

Fort Bend County Health & Human Services

www.fbchealth.org/ncov

281-633-7795*

*This number is Monday-Friday from 8:00 a.m. to 5:00 p.m.

Coping with Stress or Mental Health Support

The Harris Center has activated a COVID-19 Mental Health Line to assist residents with anxiety, grief, worry, or other behavioral health issues. The Harris Center's Mental Health Support Line is available 24/7 at #833-251-7544.

Crisis Text Line provides free, confidential support 24/7. Text CRISIS to 741741 to be connected to a crisis counselor.

Contact the NAMI HelpLine at 1-800-950-NAMI (6264), Monday through Friday from 10:00 a.m. – 6:00 p.m. ET, email info@nami.org, or text NAMI to 741741. NAMI specializes in working with anyone with a mental health issue, including anxiety.

Betterhelp is one way to get matched with a licensed mental health care provider who will talk with you over the phone or email. With BetterHelp you can get counseling from professional, licensed and vetted counselors for \$40 to \$70 per week (billed monthly). Unlike traditional in-office therapy which can cost \$150-\$250 for a single session, your BetterHelp membership includes unlimited messaging as well as weekly live sessions (video, phone or chat).

Disaster Distress Helpline (800-985-5990) or text TALKWITHUS to 66745 for free.

[Well Connected](#) – engages and connects people from the comfort of their own homes, online, and over the phone. Participants find companionship, information, and intellectual stimulation through a wide array of programs. Each Well Connected session offers groups and classes on a wide range of topics. And Well connected meets 365 days a year, so there's always a chance to connect. Free of charge.

More emotional health and coping information is available at Mental Health America of Greater Houston's website at <https://mhahouston.org/covid19help/>.

Grocery Delivery Services

1) H-E-B & Favor Senior Support

H-E-B and Favor have teamed up to deliver essential food and supplies where seniors are safest — at home. This gives seniors access to their own personal shopper to bring goods right to their doorstep.

All delivery and service fees are waived for the first 30 days of the program. Orders placed through the Favor app or favordelivery.com have a recommended \$10

minimum tip that goes entirely to the Favor Runner, who will personally shop and deliver the items.

How can I order?

Seniors can call our Senior Support phone line at **1-833-397-0080** or place their orders directly from favordelivery.com or the [Favor app](#). For more details about the H-E-B and Favor Senior Support Program, [visit our FAQ](#).

Steps to Order

1. Visit the H-E-B page on favordelivery.com

To access the H-E-B menu on the Favor Delivery website, go to:

https://favordelivery.com/order-delivery/h-e-b-5/?utm_source=Blog&utm_medium=Consumer&utm_campaign=SeniorSupport&utm_content=Announce.

2. Provide your address to find the H-E-B nearest you

Click on the text box above the blue instruction popup and type your delivery address. As you type, you'll see suggested delivery addresses. When you see your address, click on it to select it.

3. The site will locate your nearest H-E-B Store

The page will quickly reload and show you the closest H-E-B to your delivery address.

4. Build your order

You can now create a shopping list for your Runner. Expand sections to add items to your shopping cart. In your cart, you can do the following:

- Click 'Edit' and then type into the 'Additional Instructions' section to specify certain brands you'd like or other details about your items
- Click 'Edit' and then the trash can icon to delete an item you no longer want
- Click 'Edit' and then the plus or minus icon to increase or decrease the quantity of an item
- After editing an item, click 'Update Order' to save your edits

- Let's say you are looking for a particular item that you know H-E-B has, but you can't find it on Favor's limited menu. Adding a custom item is easy! Simply open your shopping cart and click '+ Write a New Item.' Then, type the item you want your Runner to pick up (the more details, the better!).
- When your order looks perfect, click 'Checkout' to continue.
- **Note:** *To keep customers and Runners healthy, all Favors are now 100% contactless. Orders requiring an ID check (tobacco and alcohol) are temporarily suspended. Please limit orders to 25 items max. Item availability may change. Please be available to respond to messages from your Runner to confirm any substitutions.*

5. Sign up or sign in

- If this is your first time ordering with Favor, enter in your information in the sidebar to sign up, including a mobile phone number your Favor Runner can use to contact you in case of any substitutions or questions.
- If you have ordered from Favor before, click on 'Already have an account?' at the bottom of the sidebar to sign into your Favor account.

6. Verify your phone number

- If this is your first time using Favor, we'll need to verify your mobile phone number to ensure your Runner can communicate with you. To do this, we'll send a four-digit code to the mobile phone number you provided on the previous page.
- Enter the code you receive and then press the 'Verify' button.

7. Enter your payment details

- Enter the payment details for the card that you'd like to use to place your order. When you are done, press the 'Submit' button.

8. Provide additional address details

- Provide any additional details about your delivery address that your Runner might need, including information like floor number, gate code, parking

instructions, or apartment details, such as the building and apartment number.

- Since this will be a contactless delivery, please specify the best place for the Runner to leave your items. All Favors will be dropped off at the front door, unless another location has been selected.

9. Review and place your order!

- Review all your order details. When you are ready, scroll to the bottom of the sidebar, and tap 'Order Favor' to place your order!

10. Watch for status updates

- You'll be able to watch this page to track the status of your order from the moment it's received by the Runner to the moment it arrives at your door.

After your Runner pays for your items, you'll be able to finalize your payment. After your Favor is delivered, you'll be able to rate your items and your Runner.

Instacart Instructions – HEB or Participating Grocery Store

Getting started with Instacart

Instacart delivers groceries in as little as an hour. Instacart connects you with Personal Shoppers in your area to shop and deliver groceries from your favorite stores.

1. Shop your favorite local grocery stores

Shop from anywhere using your computer, iPhone, iPad or Android device

2. Schedule a delivery

Have your groceries delivered in as little as an hour. You can also have them delivered later in the day or week.

3. Pickup or get groceries delivered to you

For pickup, shop through Instacart, pickup at store.

With our Pickup option, you shop on Instacart, choose a pickup time, then pick up your groceries at the store. Available at select locations.

Create your account

You can create an account by visiting [instacart.com](https://www.instacart.com). Use your email address, Google, or Facebook authentication to sign up.

You can also download the Instacart app on iOS or Android devices.

How many accounts can I have?

Only one personal account is permitted per person or household. Secondary accounts used for business purposes are acceptable.

Accounts are not limited to one delivery address, or even one area. Entering a new delivery address when you log in will provide you with store options for that area.

Use of any account you create will be subject to Terms of Service.

Delivery hours

Delivery windows start as early as 9am and run as late as midnight, depending on your local store hours. Delivery hours are subject to store operating hours, including holidays.

You can view available delivery times for your store from the store page and shopping cart.

Many customers choose to have delivery in the next 2 hours, while others opt to schedule their delivery up to 6 days in advance.

Available stores

Instacart Shoppers shop local stores in your area. To see which stores are available to you, visit their [locations page](#). From there, select your state or scroll down to see a list of available areas. Selecting the area name displays a list of available stores in that area.

Instacart Express Membership

Instacart Express is a membership option for customers who want to use Instacart regularly. For a flat annual cost or monthly fee, unlimited free deliveries* are available on all orders over \$35.

Instacart Express Benefits

Instacart Express members enjoy exclusive benefits on every order—

- \$0 delivery fees on orders of \$35 or more (typically \$3.99-\$7.99 for non-Express)
- Reduced service fees (typically 5% for non-Express)*
- No busy pricing fees during peak delivery hours
- Shop at a variety of stores with free delivery on the entire order

*The service fee covers a broad range of operating costs including shopper operations, insurance, background checks, and Instacart Care.

Instacart Express membership and renewal

Instacart Express membership can be paid either monthly or annually. Terms for both membership types are shared when you sign up. Memberships automatically renew year to year or month to month (depending upon your membership term), unless you make changes in your account.

Annual memberships are billed each year on the same date.

Monthly memberships are charged each month on the same day.

*Note: This membership does not give you faster delivery or earlier time slots than other customers. Likewise, membership with Instacart Express does not guarantee that specific delivery slots will be available for a given delivery. Service fees, special handling fees, and/or tips may still apply.

Other Assistance for Seniors:

1) Sign-up for **CrowdSource Rescue**. CrowdSource Rescue is a Houston-based disaster response non-profit organization. They are organizing volunteers to deliver food to seniors in need. Go to:

https://crowdsourcerescue.com/campaigns/home/190?scope_campaigns=190

and click on "I Need Food." Answer the questions asking about your contact information, address, needs, etc. Then, click on "Submit." There is no fee for either the groceries or the delivery. This is a service provided by volunteers.

2) **Houston Food Bank:**

Find a food distribution site at

<https://www.houstonfoodbank.org/find-help/agency-locator/>

3) Utility, credit card, home loan, and leasing offices are working with families in need during this time of crisis. Most are working with customers on an individual basis, so you will have to contact your provider directly and explain your situation to them. Most are postponing payment due dates. Don't wait until the last minute. Call as soon as you think that you won't be able to make a payment since it may take some time to make the arrangements.

POPE FRANCIS' PRAYER FOR PROTECTION FROM CORONAVIRUS

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross, you participated in Jesus' pain, with steadfast faith. You, Salvation of All People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our suffering upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our plea - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.