

COVID-19 Testing Information

How do I get tested at an HCPH testing site?

HCPH provides free testing to anyone regardless of age, insurance coverage or immigration status. Scan QR Code or visit: www.covidcheck.hctx.net



COVID-19 testing and care services are not a public benefit under the public charge rule.

How does COVID-19 spread?

COVID-19 is a virus that most likely spreads to people who are in close contact (within 6 feet or 2 meters) of a person who has COVID-19. It spreads through tiny droplets that are sprayed when a person sneezes, coughs, sings or talks.

People who have no symptoms can spread the virus.

When and how often should I get tested?

If you have never been tested or if your first COVID-19 test was negative, you should get tested, if you:

- Have symptoms. Symptoms may appear 2 to 14 days after exposure
- Are concerned about possible exposure, even if you do not have symptoms
- Have been contacted or referred for testing by your local health department
- Have had exposure to someone with confirmed or possible COVID-19 infection
- Have spent time in a large crowd or public setting like a bar, restaurant, concert
- Work in a congregate setting like a nursing home, shelter, correctional facility
- Work in a field with direct contact or exposure to the others like a cashier, restaurant, school
- Are planning to travel or visit someone especially if the person is at high risk of severe COVID-19 illness

COVID-19 Symptoms

- Fever or chills (Temp. greater than 100°F or 37.8°C)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*****There is no limit to the number of times you can get tested for free at a HCPH testing site*****

COVID-19 e información sobre pruebas

¿Cómo me hago la prueba en un sitio de pruebas de HCPH?

HCPH ofrece pruebas gratuitas a cualquier persona, independientemente de su edad, cobertura de seguro o estado migratorio.



Si necesita una prueba o tiene preguntas, llame al (832) 927-7575 o programe una cita en línea en covidcheck.hctx.net

Los servicios de atención y pruebas de COVID-19 no son un beneficio público bajo la regla de carga pública.

¿Cómo se transmite el COVID-19?

COVID-19 es un virus que se contagia más comúnmente a las personas que están en contacto cercano (a menos de 6 pies o 2 metros) de una persona que tiene COVID-19. Se propaga a través de pequeñas gotas que se arrojan cuando una persona estornuda, tose, canta o habla.

Las personas que no presentan síntomas pueden transmitir el virus.

¿Cuándo y con qué frecuencia debo hacerme la prueba?

Si nunca se ha hecho la prueba o si su primera prueba de COVID-19 fue negativa, debe hacerse la prueba si:

- Tiene síntomas. Los síntomas pueden aparecer de 2 a 14 días después haber estado expuesto al virus.
- Si está preocupado porque pudo estar expuesto, incluso si no tiene síntomas
- Ha sido contactado o referido para pruebas por su departamento de salud local. Ha estado expuesto a alguien con infección confirmada o posible por COVID-19. Ha pasado tiempo en un sitio con mucha gente o en un lugar público como un bar, restaurante o concierto
- Si trabaja en un lugar comunitario como un hogar para personas de la tercera edad, un refugio, un centro correccional
- Si trabaja en un lugar con contacto directo o exposición a los demás como cajero, restaurante, escuela
- Está planeando viajar o visitar a alguien, especialmente si la persona tiene un alto riesgo de contraer una enfermedad grave por COVID-19.

***** No hay límite para la cantidad de veces que puede hacerse la prueba de forma gratuita en un sitio de pruebas HCPH *****

Síntomas de COVID-19

- Fiebre o escalofríos (temperatura superior a 100° F o 37.8° C)
- Tos
- Falta de aliento o dificultad para respirar
- Fatiga
- Dolores musculares o corporales
- Dolor de cabeza
- Nueva pérdida del gusto u olfato
- Dolor de garganta
- Congestión o secreción nasal
- Náuseas o vómito
- Diarrea



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OCEE 11/30/20

COVID19
CORONAVIRUS DISEASE



KEEPING SAFE IN MULTIGENERATIONAL HOMES

- + Large families with multiple generations living together can help to protect each other from COVID-19
- + Even if anyone is not showing symptoms, keep at least three feet distance and sanitize frequently touched items
- + Grandma, grandpa, and other older family members are more than likely to have a serious illness from the virus. Limit physical contact and think of creative ways to stay emotionally connected.
- + If a family member is experiencing symptoms, care for them in a separate room. If they need to use a shared space such as a bathroom, have them wear a mask. Clean and disinfect the area after use.
- + If a family member with a chronic health condition or older becomes sick contact their healthcare provider for monitoring. They have a higher risk of serious illness from COVID-19.

If they do not have a healthcare provider call the ASK-MY-NURSE 713.634.1110



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OCEE 07/15/2020

f t i y
VISIT WWW.HCPHTX.ORG

Stopping a pandemic is going to take all our tools: handwashing, masks, social distancing, and vaccines. We cannot let our guards down, taken together, these tools offer the best chance of getting back to normal sooner.

UNTIL WE STOP THIS PANDEMIC CONTINUE TO PRACTICE THESE SAFETY STEPS:



Avoid crowds and large gatherings



Get your flu shot



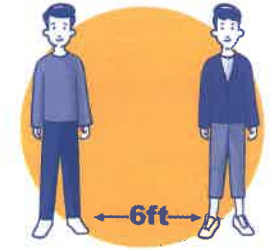
Wash or sanitize your hands often



Wear a mask that covers your nose and mouth around others that do not live in your home



Clean and disinfect frequently touched objects at home and work



Stay 6 ft (2m) apart from others that do not live in your home



Get tested if you have symptoms or if you have been around someone with COVID-19

SCHEDULE A FREE TEST ONLINE AT [COVCHECK.HCTX.NET](https://covcheck.hctx.net) OR 832-927-7575

Understanding the Current COVID-19 Vaccines



As advancements continue in developing vaccines to fight the COVID-19 virus, let's look at the similarities and differences between the two vaccines developed by Pfizer and Moderna.

REMEMBER:

- Like all vaccines, before being authorized for emergency use, medical researchers tested the safety and effectiveness of the COVID-19 vaccines
- Researchers have studied the mRNA technology used to develop these vaccines for more than a decade.
- Neither vaccines contain a live virus; there is no risk of COVID-19 infection

Moderna Vaccine

- Two doses, 4 weeks or 28 days apart
 - Like other multi-dose vaccines that have been in use for years, i.e., DPT, HPV and Hepatitis B.
- Ages 18 and older
- 94.5% effective

Pfizer Vaccine

- Two doses, 3 weeks or 21 days apart
 - Like other multi-dose vaccines that have been in use for years, such as, i.e., DPT, HPV and Hepatitis B.
- Ages 16 and older
- 95% effective

The overwhelming majority (85%) get mild to moderate symptoms, and 15 % get more significant symptoms like fever or chills. These symptoms generally last no more than 24 hours and are typically controlled with over-the-counter medicines.

These symptoms include:

- Pain/swelling at the site of the injection
- Fever
- Chills
- Tiredness
- Headache

The highest risk groups for COVID-19 exposure and serious illness, such as healthcare workers and long-term care facility residents, will receive the vaccine first. Until the vaccine is made available to the general population, we must continue our preventive measures - wearing a facemask, frequent hand washing and social distancing – to help keep ourselves safe from COVID-19.

Sources

[FDA, Pfizer-BioNTech COVID-19 Vaccine](#) | [FDA, Moderna COVID-19 Vaccine](#)





Scan me

Community Resource List

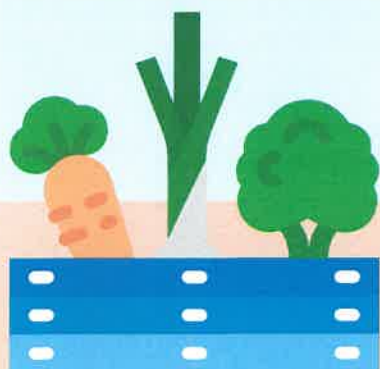
Scan the QR code for a list of available resources in the Greater Houston area or visit bit.ly/34rDxDt



MENTAL HEALTH SERVICES



FINANCIAL ASSISTANCE



FOOD ASSISTANCE



GENERAL INFORMATION

DOMESTIC VIOLENCE AND SEXUAL ASSAULT



COVID19
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Please call each resource to confirm hours and available services have not changed. Resource list is updated bi-weekly.



TAKE THE CALL.

**Helloooo, I know you
see me calling you!**

I have very important information for you about COVID-19.

Don't let this number **832-927-7575**
go unanswered.

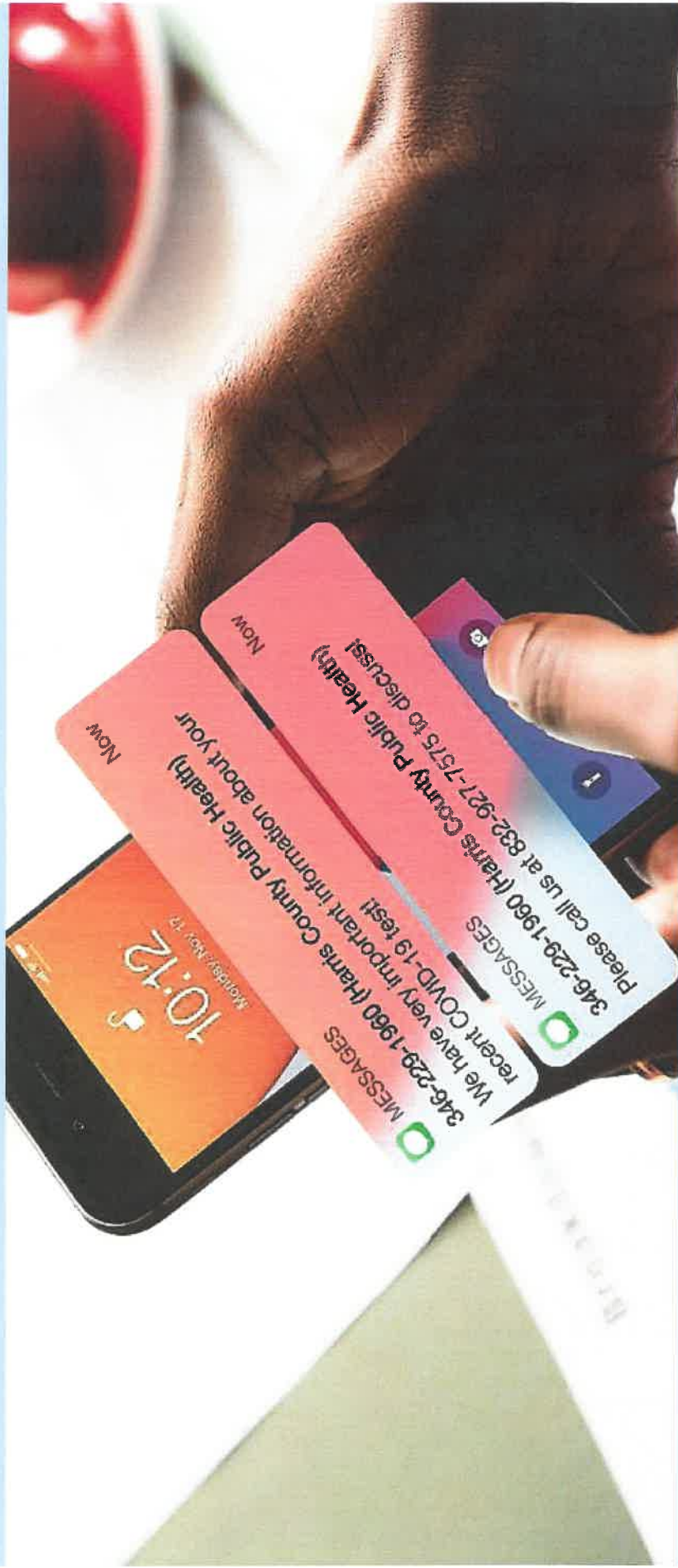
Take the Call.





MAKE THE CALL.

If you receive a text from 346-229-1960, know that it is from Harris County Public Health.



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COVID-19 Vaccine FAQs

Register for the Harris County Public Health
COVID-19 Vaccine Waitlist at

VACSTRAC.HCTX.NET OR CALL 832-927-8787



Is the COVID-19 vaccine safe?

Safety is always a top priority for vaccine development. Clinical trials review vaccine safety and effectiveness, producing data and other information for the U.S Food and Drug Administration (FDA) to review. The FDA will continue to monitor for possible side effects are authorizing the COVID-19 vaccines for emergency use. When people report bad reactions and side effects, scientists and medical experts quickly study them to determine a real safety concern.

Why should I get the COVID-19 vaccine?

Research has shown that getting a COVID-19 vaccine may help keep you from getting seriously sick. Getting the vaccine is a safer and more controlled way to build protection since there is no way to predict how COVID-19 will affect you.

If I have already been sick and recovered from COVID-19, do I still need to get the vaccine?

Yes. A person can become re-infected with COVID-19 even after they have recovered from the disease. Experts do not know how long a person has protection from getting sick again once they recover from COVID-19. More research and data are needed to figure out the immunity timeline.

Will I have protection against COVID-19 if I only get the first dose of the vaccine?

The COVID-19 vaccines require two doses to allow your body to build enough immunity to fight the virus. Having two doses of a vaccine is not unusual; many other routine vaccines also require more than one dose for full immunity. You will receive the second dose of Pfizer's vaccine after 21 days; Moderna's vaccine after 28 days.

How much will it cost to get the COVID-19 vaccine?

The COVID-19 vaccine will be free to anyone who wants to get it regardless of whether a person has health insurance coverage. However, you may want to check with your health care provider to see if they are charging a fee to give the vaccine.

When can I get the vaccine?

Since there is a limited supply of vaccines available, vaccination will occur in phases. Vaccination providers are currently vaccinating priority groups that include healthcare workers, residents of long-term care facilities, people over 65 and people with an underlying health condition. When the vaccine is widely available, you will be able to get the vaccine at your doctor's office, local pharmacy and local health departments. You can visit our website hctx.org/hcphtx to find available vaccination providers; click on the DSHS Vaccine Provider Map link.


Do I need to wear a mask and practice social distancing after I receive the vaccine?

Yes. There is not enough information available to know if getting the vaccine will prevent you from spreading COVID-19 to others. Even after you get your first and second dose of the COVID-19 vaccine, you should continue to wear a mask, wash your hands often, and practice social distancing to protect yourself and others to prevent the spread of the virus.

TESTING TYPES



*RT-PCR is the gold standard for COVID-19 testing

DIAGNOSTIC TESTS CONFIRMS CURRENT COVID-19 INFECTION			ANTIBODY TEST PREVIOUS COVID-19 INFECTION
	GENETIC		SEROLOGY OR BLOOD TEST
	RT – PCR*	NAAT	
What is being tested?	RNA or viral genetic material		Antibodies created after fighting a previous infection
How is the sample collected?	Nasal or throat swab Saliva sample		Finger stick or blood draw
What does it show?	Active infection		Past infection
How long for results?	Same-day or up to a week <i>*Some tests are rapid</i>		<i>Same-day or 1 – 3 days</i> <i>*Some tests are rapid</i>
How accurate or reliable?	Highly Accurate Most cases will not need a retest		Sometimes a second antibody test is needed Antibodies are usually undetectable after 2-3 months
When should you get it?	If you have symptoms or believe you had exposure to someone with COVID-19 Travel to some states and countries		If you believe you have had a COVID-19 infection in the last 3 months

WHAT TO DO AFTER TESTING?

Positive Molecular Test Results	<ul style="list-style-type: none"> Stay home and separate yourself from others in the home. Treat your symptoms with over the counter medicine. Always remember to wear a mask (even around others in the home) and wash your hands frequently If you have chronic medical conditions, including diabetes or are overweight, let your doctor know. If you have a medical emergency, call 911 or go to an ER medicine. Always remember to wear a mask (even around others in the home) and wash your hands frequently Let your close contacts know they should quarantine and get tested. Work with the public health department if they contact you to learn more about your situation
Negative Molecular Diagnostic Test Results	<ul style="list-style-type: none"> Stay home as much as possible. If you feel sick, get tested again Practice good hygiene, wash your hands, cover coughs and sneezes Wear a mask and social distance in public settings Wear a mask and social distance if you live with someone who is sick with COVID -19
Negative Antigen Results	A doctor may order a molecular test if your results are negative, but you still have symptoms of COVID-19. Continue social distancing, mask use when in public, and frequent handwashing
Positive or Confirmed Antibody Tests	Doctors do not know if the presence of COVID-19 antibodies offer immunity or protection from future COVID-19 infection. Follow the same guidance listed in "Negative Molecular Diagnostic Test Results"



Source: [Coronavirus Testing Basics FDA.gov](https://www.fda.gov/coronavirus/testing-basics)



DON'T SKIP YOUR FLU SHOT THIS YEAR!

FREE flu vaccines for people in Harris County without insurance.

For a list of upcoming flu events visit hcphtx.org/flu

To make an appointment, please call (832) 927-7530

NO WALK-INS, YOU MUST HAVE AN APPOINTMENT

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¡No se le olvide ponerse la vacuna contra la gripe este año!

Vacunas GRATIS contra la gripe para personas sin seguro médico del Condado de Harris.
Para obtener una lista de los próximos eventos relacionados con la gripe, visite hcphtx.org/flu

Para hacer su cita, favor de llamar al (832) 972-7530

DEBE TENER CITA, NO SE ACEPTAN PERSONAS SIN CITA

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DON'T GUESS...

TAKE THE TEST!

HCPH COVID-19 testing is free.
Call 832-927-7575.

***Testing available regardless of immigration status, insurance, or age.**



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hcphtx.org

covidcheck.hctx.net

**STAY
SMART.
DO
YOUR PART.**

HOW TO REGISTER FOR VACCINATION

Using Harris County's Smart Waitlist



Together Against COVID-19

Harris County Public Health (HCPH) makes it easy for county residents to register for our COVID-19 vaccination waitlist. Vaccines are free and registration is open to all residents **at [ReadyHarris.org](https://www.readyharris.org) or by calling (832) 927-8787.**

Harris County Public Health has strived to create an efficient, fair, and equitable distribution process for vaccines. As HCPH receives shipments of vaccines, individuals will be selected from the waitlist based on a randomized process, with individuals in phase 1A prioritized over individuals in phase 1B and older individuals prioritized over younger individuals.

Individuals in Phase 1A who register for the waitlist will be prioritized before those in Phase 1B to ensure everyone in Phase 1A has an opportunity to receive the vaccine. Within Phase 1A, individuals will be selected at random from the following age cohorts, with oldest cohorts prioritized first: 75+, 65–74, 55–64, 45–54, 35–44, 25–34, 18–24.

The Texas Department of State Health Services currently limits vaccine distribution to residents in categories 1A and 1B. Individuals who are not qualified to receive the vaccine under Phases 1A or 1B will still be able to register for the waitlist. However, you will not be contacted to schedule an appointment until the Texas DSHS expands eligibility beyond Phases 1A and 1B.

WHO IS INCLUDED IN PHASE 1A AND 1B?

- Frontline Health Workers
- Long-term Care Facility Residents
- Persons 65 Years or Older
- Persons with Chronic Medical Conditions at Increased Risk of Severe Illness

For questions, call (832) 927-8787 (call center is open 8 a.m.–5 p.m. Monday–Saturday).

For more information about COVID-19 vaccines, please visit [StaySmartDoYourPart.com](https://www.staysmartdoyourpart.com).

Residents selected to receive a free vaccine from the waitlist will be contacted and provided an opportunity to make an appointment. If you are selected, please do not show up more than 15 minutes before your scheduled time to ensure the process flows smoothly.

Currently, COVID-19 vaccines require two shots administered several weeks apart. Upon receiving your first shot, you will be scheduled for a second shot.

Those who show up without an appointment at an HCPH vaccination site will be turned away. Even with the arrival of a COVID-19 vaccine, HCPH encourages residents to stay home, cancel gatherings, wear a facemask, socially distance, and get tested.

HOW TO MAKE A COVID-19 SOCIAL BUBBLE WORK FOR YOU!



After months of avoiding our family and friends to help prevent the spread of COVID-19, social bubbles are an option for reconnecting with some of them. The virus is still in our community so we can't return to normal yet, but we can be with a small group of people who socialize only with each other, which minimizes the risk of disease.

Creating a Social Bubble. Who's In and Who's Out?

- A bubble should have 10 people or less, perhaps family, friends or two small families.
- Each person must be healthy. Ideally, everyone should be tested before joining.
- You shouldn't include anyone who is high risk or lives with someone who is. That includes elderly, anyone with underlying health conditions or getting cancer treatments.
- You shouldn't include people who comes in close contact with a lot of people each day...an ER doctor or someone who works in a restaurant for example.
- Choose people you trust to be honest, who will follow the rules the group agrees to.

Rules???

- Set rules and behaviors to protect the health of the group. Put them in writing, so everyone is clear on the expectations.
- To minimize the risk to the group, each person in the bubble must agree to limit their contact with people outside the bubble.
- Everyone must agree to take **all** needed precautions... **all the time when away from the bubble**. Wash their hands frequently, disinfect surfaces they touch, when they go out in public, always wear a mask and stay 6 feet (2 meters) from others.
- If someone drops out of the bubble, don't replace them. That increases the group's risk.
- If someone in the bubble feels sick or is around someone who is, they must notify the group immediately and stay away for at least 2 weeks.
- If a member takes a family vacation, when they return, they should avoid the group for 2 weeks or get tested.

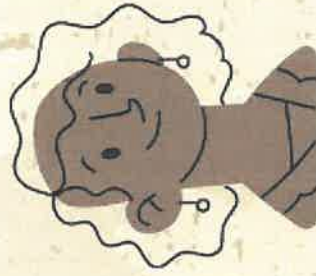
Can We Have Fun Now?

- As long as everyone is following the rules, you can be normal within your bubble.
- You don't have to wear masks. You can hug each other, eat, drink, dance and laugh.
- Reminder – outdoor activities are still the safest. Eating outdoors, cycling, sports, walking, hiking, or going to the beach are ideal activities.

OCEE 10/26/2020

WARNING

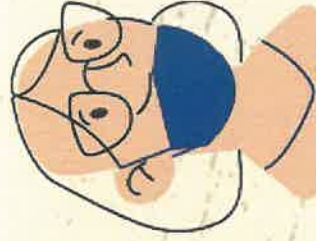
VIOLATORS OF THE MASK WEARING ORDER



NO MASK
WEARER



EXPOSED NOSE
WEARER



CHIN GUARD
WEARER



EAR FASHION
WEARER

IF YOU SEE THESE VIOLATORS,

**AVOID
CONTACT**

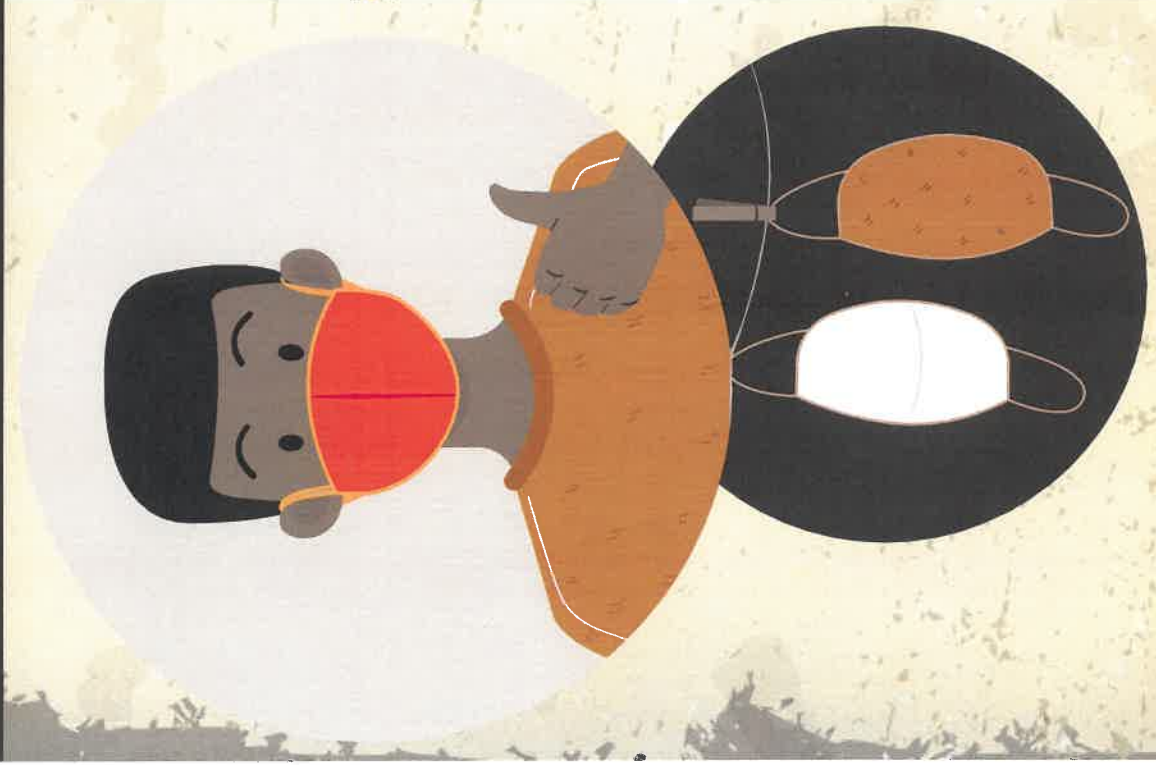
AND MOVE TO A SAFE DISTANCE.



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EVERYONE SHOULD WEAR A MASK



WHEN TO WEAR

- Public settings
- Grocery stores
- Pharmacies
- Restaurants
- Gyms
- When around people not in your household, including friends and relatives
- In your home, if you are sick or caring for someone with COVID-19



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