



COVID-19 FACTS AND INFORMATION CHAMBERS COUNTY, TEXAS

KNOW THE FACTS ABOUT CORONAVIRUS (cdc.gov)

1. **DISEASES CAN MAKE ANYONE SICK, REGARDLESS OF THEIR RACE OR ETHNICITY.** Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.
2. **FOR MOST PEOPLE, THE IMMEDIATE RISK OF BECOMING SERIOUSLY ILL FROM THE VIRUS THAT CAUSES COVID-19 IS THOUGHT TO BE LOW.** Older adults and those with serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.
3. **SOMEONE WHO HAS COMPLETED QUARANTINE OR HAS BEEN RELEASED FROM ISOLATION DOES NOT POSE A RISK OF INFECTION TO OTHER PEOPLE.**
4. **THERE ARE SIMPLE THINGS YOU CAN DO TO HELP KEEP YOURSELF AND OTHERS HEALTHY.** Wash your hands often with soap and water. Avoid touching your eyes, nose and mouth with unwashed hands. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
5. You can help stop COVID-19 by knowing the signs and symptoms: fever, cough, shortness of breath. Seek medical advice if you develop symptoms.

CHAMBERS COUNTY JUDGE JIMMY SYLVIA'S CORONAVIRUS RECOMMENDATIONS FOR CHAMBERS COUNTY

(In support of President Donald Trump's 15 Days to Slow the Spread publication and based on Judge Sylvia's Stay Safe Executive Order issued March 24, 2020)

1. **STAY HOME** except when participating in essential activities.
2. **AVOID SOCIAL GATHERINGS.** Especially those where 10 or more people are present.
3. When participating in essential activities, **FOLLOW SOCIAL DISTANCING GUIDELINES.**
4. Do not dine in or drink at bars or restaurants. **PICK UP AND DELIVERY IS ENCOURAGED.**
5. **DO NOT VISIT** nursing homes, retirement homes or long-term care facilities unless to provide critical assistance.
6. **ALWAYS PRACTICE GOOD HYGIENE.** Wash your hands thoroughly. Avoid touching your face. Sneeze or cough into a tissue or the inside of your elbow. Disinfect frequently used items and surfaces often.

Visit chambers.co.tx.us to view the Judge's complete Executive Order.

CHAMBERS COUNTY UPDATES

The Chambers County Court House is closed to the public until further notice. Many offices are closed or offering reduced services.

IMPORTANT RESOURCES

Chambers County Public Health: 409-267-2731
co.chambers.tx.us/page/coronavirus
TRY OUR NEW SYMPTOM CHECKER!
Social Media: @cctxhealthdept

General Information Hotline: 409-267-2440
co.chambers.tx.us
Facebook: @chamberscountytexas

whitehouse.gov
cdc.gov

MENTAL HEALTH AND CRISIS RESOURCES

National Suicide Prevention Lifeline: 1-800-273-8255
Text HOME to 741-741 for **Crisis Text Line**
Call 1-800-985-5990 for the **Disaster Distress Hotline**
National Human Trafficking Hotline: 1-800-656-4673
National Domestic Violence Hotline: 1-800-799-7233

FOOD RESOURCES

United Way of Greater Baytown Area and Chambers County is hosting drive through food pantry events regularly in Baytown and Chambers County. Visit their Facebook page for more information.
<https://www.facebook.com/UnitedWayGBACC>

COVID-19 SYMPTOMS

- Fever
- Cough
- Shortness of Breath

If you develop the following symptoms in addition to those above, seek medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.