

**If you think you have the Coronavirus, please contact the Corpus Christi – Nueces County Public Health District at 361-826-7200 and a representative will give you instructions.**

**The City of Port Aransas Emergency Plan vests a major responsibility for medical related emergencies with our local, State and Federal health partners. Although THERE HAS BEEN NO EMERGENCY DECLARED IN TEXAS, NUECES COUNTY OR PORT ARANSAS we will rely on guidance from those with greater information and expertise to assist us through this health crisis.**

The novel coronavirus, now known as COVID-19, is causing an outbreak of respiratory illness. The coronavirus outbreak began in December 2019, in Wuhan City, Hubei Province, China. Chinese health officials have reported thousands of coronavirus infections in China, including many that resulted in death.

Other countries have now identified coronavirus cases appearing. The [Centers for Disease Control and Prevention \(CDC\)](#) has confirmed cases appearing within the United States. The [WHO](#), the [CDC](#), [Texas DSHS](#), and [Corpus Christi – Nueces County Public Health District](#) are all working to help educate the public on the virus and how to avoid catching and spreading the disease. The [CDC](#) suggests that the best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. These are:

## **Take steps to protect yourself**



### **Clean your hands often**

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



### **Avoid close contact**

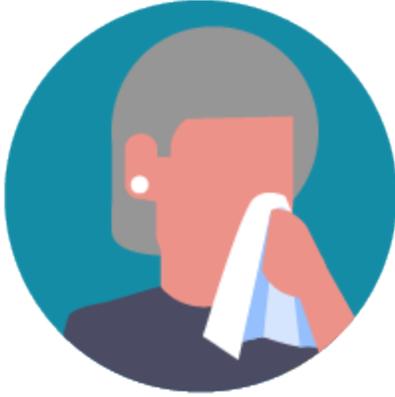
- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

### **Take steps to protect others**



### **Stay home if you're sick**

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).



### **Cover coughs and sneezes**

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



### **Wear a facemask if you are sick**

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



## Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

### To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

### Options include:

- **Diluting your household bleach.**  
To make a bleach solution, mix:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water  
OR
  - 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**  
Ensure solution has at least 70% alcohol.
- **Other common EPA-registered household disinfectants.**  
Products with [EPA-approved emerging viral pathogens pdf icon\[7 pages\]external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

For the most current and up-to-date information please use the following links:

Texas Department of Health Services (DSHS) [www.dshs.texas.gov/coronavirus/](http://www.dshs.texas.gov/coronavirus/)

Centers For Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization (WHO) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>