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

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 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.

4/7/2020