



# MILAM COUNTY HEALTH DEPARTMENT

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Dear Superintendent/Principal,

I'm writing to follow up on our discussion about COVID-19 or coronavirus, its symptoms and where you can find more information on the coronavirus. COVID-19 is a respiratory virus just like the Flu and as of February 28, 2020 there are no confirmed cases of the coronavirus in Texas or Milam County. The Centers for Disease Control is tracking two sets of numbers for coronavirus cases, first is local community cases and second are individuals who the Government returned to the USA from China and the Diamond Princess cruise ship, these individuals do not count as Texas cases and are under Federal control at Joint Base Lackland, San Antonio, Texas. It is important to know that the only way to contract the coronavirus is through direct contact with an individual who has the coronavirus.

Respiratory viruses are spread in the air when a person who is sick coughs or sneezes. The symptoms of the flu and coronavirus are similar but also different and are as follows.

### Flu (Influenza) Symptoms

Fever  
Cough  
Sore throat  
Runny or stuffy nose  
Muscle/body aches  
Headaches  
Fatigue

### Coronavirus Symptoms

Fever  
Cough  
Shortness of breath/difficulty of breathing  
*Plus: Direct contact with someone who is a positive coronavirus case or has traveled in the last 14 days to an area with a high rate of Coronavirus cases*

The way to protect yourself from Viruses like Coronavirus or Influenza (Flu) is by utilizing five simple steps:

- 1 – Washing your hands. Proper handwashing includes washing your hands with soap and water for at least 20 seconds before rinsing. If soap and water is not available, use an alcohol-based hand sanitizer but soap and water is the best method for the prevention of viruses on your hands.
- 2 – Avoid touching your eyes, nose, and mouth with unwashed hands.
- 3 – Cover your cough or sneeze with a tissue and throw the tissue away. Then, wash your hands.
- 4 – Avoid close contact with people who are sick. Stay at home when you are sick. Keep your children home if they are sick. Two of the schools in our County were recently closed due to the high number of Flu like illness.
- 5 – Clean and disinfect frequently touched objects and surfaces such as your phone, doorknobs and such.

There is a vaccine that helps reduce the effects of the influenza virus, however, to date there is no vaccine for the coronavirus.

To stay informed on COVID-19 please like the Milam County Health Department Facebook page or the Texas Department of State Health Services webpage at [www.dshs.texas.gov/coronavirus](http://www.dshs.texas.gov/coronavirus).

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