



## REDUCE THE RISK

## REDUCE EL RIESGO



**COVID-19** is caused by an infection with a coronavirus first identified in 2019 (CO stands for corona, VI for virus, and D for disease). COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, nose, or mouth.

**Symptoms:** Fever or chills, 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, and diarrhea. \*This list does not include all possible symptoms.

**Variants** (for example, Delta, Omicron) of the virus are expected to occur. Slowing the spread of the virus by protecting yourself and others can slow the emergence of new variants.

### Protective Measures

- ◆ Wear a face mask (cloth, surgical, or KN95) - ensure it is used correctly by covering the nose and mouth
- ◆ Sanitize your hands - wash with soap and water for at least 20 seconds or use hand sanitizer
- ◆ Test - if you have symptoms or if you were exposed to COVID-19
- ◆ Keep at least 6 ft distance between you and other people
- ◆ Get vaccinated / boosted

**Vaccines:** COVID-19 vaccines are effective at protecting people from getting seriously ill. Stay up to date with the recommended vaccines. Four (4) COVID-19 vaccines are approved in the U.S.: Pfizer-BioNTech, Moderna, Novavax, and Johnson & Johnson.

### Treatments

#### Not in the hospital - to treat mild to moderate symptoms of COVID-19

- ◆ Symptoms for 5 days or less - must be given within 5 days after the first symptoms of COVID-19 appear
  - ◆ Paxlovid™: For adults and children who are 12 years of age and older, weighing at least 88 pounds
  - ◆ Lagevrio (molnupiravir): For adults 18 years and older
- ◆ Symptoms for 7 days or less - must be given within 7 days after the first symptoms of COVID-19 appear
  - ◆ Bebtelovimab: For adults and children 12 years or older (weighing at least 88 pounds) at high risk for serious COVID-19. This treatment is for when other COVID-19 treatment options approved or authorized by the FDA are unavailable or not clinically appropriate.
  - ◆ Veklury (remdesivir) - This antiviral treatment is for people who are not in the hospital and for people staying in the hospital. People who are not in the hospital must go to an IV infusion center to receive this treatment.

\* There are other treatments available for people in the hospital

Updated 08/23/2022. Information is evolving rapidly. Our understanding of COVID-19, variants, and vaccines continues to evolve. For updated information, check other trusted sources like the CDC.

**COVID-19** es causado por una infección con un coronavirus identificado por primera vez en 2019 (COVID por siglas en inglés - CO significa corona, VI para virus y D para enfermedad). El COVID-19 se propaga cuando una persona infectada exhala gotitas y partículas muy pequeñas que contienen el virus. Estas gotitas y partículas pueden ser inhaladas por otras personas o aterrizar en sus ojos, nariz o boca.

**Síntomas:** Fiebre o escalofríos, tos, dificultad para respirar o dificultad para respirar, fatiga, dolores musculares o corporales, dolor de cabeza, nueva pérdida del gusto o del olfato, dolor de garganta, congestión o secreción nasal, náuseas o vómitos diarrea. \*Esta lista no incluye todos los síntomas posibles.

**Variantes:** Se espera que ocurran variantes (por ejemplo, Delta, Omicron) del virus. Reducir la propagación del virus protegiéndose a sí mismo y a los demás puede retrasar la aparición de nuevas variantes.

### Medidas de protección

- ◆ Use un cubrebocas (de tela, quirúrgica o KN95) - asegúrese de que se use correctamente cubriendo la nariz y la boca
- ◆ Desinfecte sus manos - lávese con agua y jabón durante al menos 20 segundos o use desinfectante para manos
- ◆ Prueba: si tiene síntomas o si estuvo expuesto al COVID-19
- ◆ Mantenga al menos 6 pies de distancia entre usted y otras personas
- ◆ Vacúnese / Obtenga las dosis de refuerzo

**Vacunas:** Las vacunas contra la COVID-19 son eficaces para proteger a las personas de enfermarse gravemente. Manténgase al día con las vacunas recomendadas. Cuatro (4) vacunas COVID-19 están aprobadas en los Estados Unidos: Pfizer-BioNTech, Moderna, Novavax y Johnson & Johnson.

### Tratamientos

#### No en el hospital: para tratar los síntomas leves a moderados de COVID-19

- ◆ Síntomas durante 5 días o menos: debe administrarse dentro de los 5 días posteriores a la aparición de los primeros síntomas de COVID-19
  - ◆ Paxlovid™: Para adultos y niños que tienen 12 años y más, pesan al menos 88 libras
  - ◆ Lagevrio (molnupiravir): Para adultos mayores de 18 años
- ◆ Síntomas durante 7 días o menos: debe administrarse dentro de los 7 días posteriores a la aparición de los primeros síntomas de COVID-19
  - ◆ Bebtelovimab: Para adultos y niños de 12 años o más (que pesen al menos 88 libras) con alto riesgo de COVID-19 grave. Este tratamiento es para cuando otras opciones de tratamiento de COVID-19 aprobadas o autorizadas por la FDA no están disponibles o no son clínicamente apropiadas.
  - ◆ Veklury (remdesivir) - Este tratamiento antiviral es para personas que no están en el hospital y para personas que permanecen en el hospital. Las personas que no están en el hospital deben ir a un centro de infusión intravenosa para recibir este tratamiento.

\* Hay otros tratamientos disponibles para las personas en el hospital

Actualizado el 23/08/2022. La información está evolucionando rápidamente. Nuestra comprensión de COVID-19, variantes y vacunas continúa evolucionando. Para obtener información actualizada, consulte otras fuentes confiables como los CDC.

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**TEPHI** TEXAS EPIDEMIC PUBLIC HEALTH INSTITUTE



**COVID-19 TESTING AND FLU AND COVID-19 VACCINE SITES  
SITIOS PARA LA PRUEBA Y LA VACUNA DE COVID-19**

COVID- 19 Testing Sites maps | Mapa para los sitios de prueba para COVID-19  
[epstrong.org/testing.php#map](http://epstrong.org/testing.php#map)

Covid-19 Vaccine And Flu Locator Map - Mapa Para Encontrar Locación De  
Vacunas Para Covid-19 Y Gripe - [vaccines.gov/search](http://vaccines.gov/search)

COVID-19 Hotline | COVID-19 línea directa: (915) 212-6843  
\*Over 240 Languages Spoken | Mas de 240 idiomas disponibles

Care Rx Pharmacy (956) 365-4677  
4501 Hale Ave STE 1, Harlingen, TX 78550

Casa Norma Linda (409) 943-3406  
30788 TX-100, Los Fresnos, TX 78566

Friendly Neighborhood Health Clinic (806) 998-4544  
617 N Loop 499 STE C, Harlingen, TX 78550

Genoa Healthcare LLC (956) 230-7017  
103 N Loop 499, Harlingen, TX 78550

HEB  
• 613 S Expressway 83, Harlingen, TX 78550 (956) 428-9647  
• 1213 S Commerce ST, Harlingen, TX 78550 (956) 425-4423

• 1103 Morgan BLVD, Harlingen, TX 78550 (956) 440-1787  
• 1095 W Business 77, San Benito, TX 78586 (956) 399- 5233

RGV Hometown Pharmacy (956) 496-2093  
608 E Harrison AVE, Harlingen, TX 78550

Rio Grande State Center (361) 526-5328  
1401 S Rangerville RD, Harlingen, TX 78552

Salinas Pharmacy INC  
500 N Sam Houston BLVD, San Benito, TX 78586

Sam's Club  
• 621 N Expressway 77, Harlingen, TX 78550 (956) 507-7305  
• 3570 W Alton Gloor BLVD, Brownsville, TX 78520 (956) 350-6917

Walgreens  
• 1810 W Tyler AVE, Harlingen, TX 78550 (956) 364-0249  
• 1406 E Harrison AVE, Harlingen, TX 78550 (956) 412-8362

• 1921 S 77 Sunshine Strip, Harlingen, TX 78550 (956) 365-3035

Walmart  
• 1801 W Lincoln ST, Harlingen, TX 78550 (956) 428-0734  
• 1126 W, Us-77, San Benito, TX 78586 (956) 399-1373

• 1004 W Ocean BLVD, Los Fresnos, TX 78566 (956) 2331742  
• 3500 W Alton Gloor BLVD, Brownsville, TX 78520 (956) 350-2022

**FOOD PANTRY & MEAL SERVICES - DESPENSAS Y COMIDAS**

Agencia Dorcas de Brownsville (832) 524- 7140  
3515 Old Hwy 77, Brownsville, TX 78520

Bishop Enrique San Pedro Ozanam Center (956) 831-6331  
656 North Minnesota Avenue, Brownsville, TX 78521

Brownsville Teen Center (956) 459-3625  
3545 E 14th ST, Brownsville, TX 78521

The Cameron County Salvation Army (956) 423-2454  
201 E Monroe St, Harlingen, TX 78550  
[http://www.needhelpayingbills.com/html/brownsville\\_salvation\\_army\\_ass.html](http://www.needhelpayingbills.com/html/brownsville_salvation_army_ass.html)

Catholic Charities of the Rio Grande Valley <http://www.catholiccharitiesrgv.org>

Harlington information and Social Service Organization (210) 423- 5200  
802 N Commerce ST, Harlington, TX 78550

Infant & Family Nutrition Agency (956) 541- 9250  
1225 Boca Chica BLVD, Brownsville, TX 78520

The Los Fresnos Community Food Pantry (956) 266-0695  
810 W Ocean BLVD, Los Fresnos, TX 78566

Loves & Fishes of the RGV (956) 432-1014  
514 S E ST, Harlingen, TX 78550

Our Lady of Good Counsel Catholic Church (956) 541-8341  
1055 Military Rd, Brownsville, TX 78520

Our Lady of the Assumption Church  
1313 W Buchanan ST, Harlingen, TX 78550 (956) 423- 4670  
• 955 W Price Rd, Brownsville, TX 78520 (956) 541-0220

The Salvation Army of Harlingen (956) 423-2454  
201 E Monroe AVE, Harlingen, TX 78550

San Benito Food Pantry (956) 572-0003  
195 W Adele ST, San Benito, TX 78586  
<http://www.paypal.me/sanbenfp>

San Felipe de Jesus Pantry (956) 982-2007  
2215 Rancho Viejo AVE, Brownsville. TX 78526

United Way of Northern Cameron County  
320 E Harrison AVE, Harlingen, TX 78550 (956) 423-5954  
• 634 E Levee ST, Brownsville, TX 78520 (956) 548- 6880

**FUNERAL ASSISTANCE – ASISTENCIA FUNERARIA**

Covid-19 Funeral Assistance - FEMA  
844-684-6333 Call to apply

**LEGAL AND OTHER ASSISTANCE**

Casa de Proyecto Libertad (956) 425-9552  
113 North First ST, Harlingen, TX 78586  
Immigration

Hidalgo County Bar Association - serves Cameron County  
(855) 380-1927 | (956) 380-3697

South Texas Pro Bono Asylum Representation Project (956) 425- 9552  
301 E. Madison AVE, Harlington, TX 78550  
Immigration

Texas Rio Grande Legal Aid  
<http://www.trla.org/office/willacy-county-public-defender>

308 East Harrison Avenue, Harlingen, TX 78550  
(956) 423-3111

1206 E Van Buren ST, Brownsville, TX 78520  
(833) 329-8752

308 Easy Harrison AVE, Harlingen, TX 78550  
(956) 364- 3800  
Civil Rights, Consumer, Criminal and Domestic Violence

Family and Youth Success  
(956) 630-6285 | (830) 629-6571  
Crisis intervention and counseling for at risk youth and their families,  
emergency care, youth life skills and parenting classes

Suicide and Crisis Lifeline  
Phone number: 988 available 24/7  
<https://www.samhsa.gov/find-help/988>

South Plains Association of Governments  
Phone number: 211 available 24/7  
Free information and referrals about local community organizations and  
resources  
<https://www.211texas.org/>

Your Texas Benefits: Medicaid  
Phone number: 211 Option 2  
[https://yourtexasbenefits.com/Learn/Home?lang=en\\_US](https://yourtexasbenefits.com/Learn/Home?lang=en_US)

**CHILDCARE - GUARDERÍA**

Texas Benefits Center (888) 270-0096  
[https://texasbenefits.center/?ibp-adgroup=tbcpcc&ibp-cus-tom=lpd&ibp-keyword=free%20child%20care&gclid=Cj0KCOjw0oyYBhDGARIsAMZEuMty-qNWlmpDvYvRU97jsXj9uQDpRFLFGvNh7i7UwvDFVEIV-8qNZ0aAth\\_EALw\\_wcB](https://texasbenefits.center/?ibp-adgroup=tbcpcc&ibp-cus-tom=lpd&ibp-keyword=free%20child%20care&gclid=Cj0KCOjw0oyYBhDGARIsAMZEuMty-qNWlmpDvYvRU97jsXj9uQDpRFLFGvNh7i7UwvDFVEIV-8qNZ0aAth_EALw_wcB)

Texas Home Visiting (956) 631-9171  
THV is a free, voluntary program through which early childhood and  
health professionals regularly visit the homes of pregnant women and  
families with children under 6 years of age.

**WIFI SERVICES- INTERNET GRATUITO**

Map of free WIFI in Texas  
<https://trla.maps.arcgis.com/apps/instant/nearby/index.html?appid=a9d55f725956422dbc810ae9d40f7a78>

Spanish version of the map  
<https://trla.maps.arcgis.com/apps/instant/nearby/index.html?appid=10e7d0ccd23f7488aba9b3f5b21272024&locale=es>

Brownsville Public Library (956) 541- 1055 EXT: 2115  
2600 Central BLVD, Brownsville, TX 78520  
<https://www.cob.us/709/Brownsville-Public-Library-System>

Brownsville Public Library, Southern Branch (956) 548-1055 EXT: 2205  
4320 Southmost BLVD, Brownsville, TX 78520

Ethal L. Whipple Memorial Library (956) 233-5330  
402 W Ocean BLVD, Los Fresnos. TX 78566

**HOUSE EXPENSES | GASTOS DEL HOGAR**

Cameron County Housing Authority (956) 541-4983  
65 Castellano CIR, Brownsville, TX 78526

South Texas Development Council Community Service Program  
(956) 849-1000  
<https://stdc.cog.tx.us/community-services/>  
4192 W HWY 83, Rio Grande City, TX 78582

Cameron and Willacy Counties Community Projects, Inc. (956) 544-6411  
1144 Professional Dr, Brownsville, TX 78520

Cameron Park Multi Services Center (956) 544- 6631  
2224 Carlos AVE, Brownsville, TX 78526

cdcb come dream. come build. (956) 541-4955  
901 E Levee ST, Brownsville, TX 78520

Community Action Corporation of South Texas (956) 423-1100  
1828 W Jefferson AVE, Harlingen, TX 78550

Family Emergency Assistance (956) 432-4265  
514 S E ST, Harlingen, TX 78550

Ozanam Center (956) 831-6331  
656 N Minnesota AVE, Brownsville, TX 78521

Senior Advocacy Center (956) 714-3797

Texas Department of Housing and Community Affairs 1-800-525-0657  
<http://tdhca.state.tx.us/>

United Way of Southern Cameron County (956) 548-6880  
634 E Levee ST, Brownsville, TX 78520