



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.

tephi.texas.gov

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

Covid-19 Vaccine And Flu Locator Map - Mapa Para Encontrar Locación De
Vacunas Para Covid-19 Y Gripe - vaccines.gov/search

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

Amigos Pharmacy (806) 763-5908
112 N University AVE, Lubbock, TX 79403

Costco (806) 784- 1460
6020 34th ST, Lubbock, TX 79407

CVS Pharmacy
<https://www.cvs.com/content/coronavirus?cid=rx-home-hero1-COVAX>

1401 University AVE, Lubbock, TX 79401
(806) 744-1618

50th ST, Lubbock, TX 79413
(806) 797-4444

608 N Slide RD, Lubbock, TX 79416
(806) 762-1001

7302 University AVE, Lubbock, TX 79423
(806) 748-6456

615 US-84 STE 100, Slaton, TX 79364
(806) 828-6266

3403 82nd ST, Lubbock, TX 79423
(806) 797-3888

3402 Slide RD, Lubbock, TX 79410
(806) 797-8840

6420 19th ST, Lubbock, TX 79407
(806) 797-3877

5208 98th ST, Lubbock, TX 79424
(806) 794-1024

6064 Marsha Sharp FWY, Lubbock, TX 79424
(806) 788-3601

HEB (806) 698-6828
4405 114th ST, Lubbock, TX 79424

Hale Center Clinical Pharmacy (806) 839-2466
601 Ave G, Hale Center, TX 79041

Market Street Pharmacy

(806) 788-2015
4425 19th ST, Lubbock, TX 79407

Market Street Pharmacy

4425 19th ST, Lubbock, TX 79407
(806) 788-2015

3405 50th ST, Lubbock, TX 79413
(806) 791-0972

4205 98th ST, Lubbock, TX 79423
(806) 798-6115

Parkway Pharmacy (806) 767-9999
1824 Parkway DR #100, Lubbock, TX 79403

Sam's Club (806) 793-7182
6016 Marsha Sharp FWY, Lubbock, TX 79407

Twin Oaks Pharmacy

3436 34th ST, Lubbock, TX 79410
(806) 799-3636

3404 Indiana AVE, Lubbock, TX 79413
(806) 792- 7531

United Pharmacy

12815 Indiana AVE, Lubbock, TX 79423
(806) 776-8915

2630 Parkway DR, Lubbock, TX 79403
(806) 765-7014

1701 50th ST, Lubbock, TX 79412
(806) 747- 3503

401 Slide RD, Lubbock, TX 79416
(806) 796- 1895

2703 82nd ST, Lubbock, TX 79423
(806) 745-3907
Service provider:
8010 Frankford AVE, Lubbock, TX 79424
(806) 783-0241

6313 4th ST, Lubbock, TX 79416
(806) 784-1515

Walgreens

602 AVE Q, Lubbock, TX 79403
(806) 747-3834

1619 50th ST, Lubbock, TX 79412
(806) 762-0522

3404 Indiana AVE, Lubbock, TX 79412
(806) 792-7531

2417 82nd ST, Lubbock, TX 79423
(806) 748-5209

5206 4th ST, Lubbock, TX 79416
(806) 792-1377

4847 Slide RD, Lubbock, TX 79414
(806) 792-8267

Walgreens

9809 University AVE, Lubbock, TX 79423
(806) 401-0423

1911 Marsha Sharp FWY, Lubbock, TX 79403
(806) 747-3454

702 W Loop 289, Lubbock, TX 79416
(806) 793-9686

4215 S Loop 289, Lubbock, TX 79423
(806) 793-2091

11415 Quaker AVE, Lubbock, TX 79423
(806) 392-9615

6315 82nd ST, Lubbock, TX 79424

FOOD PANTRY & MEAL SERVICES - DESPENSAS Y COMIDAS

Dream Center (806) 793-3336
1111 30th ST, Lubbock, TX 79411

Hope Community of Shalom (806) 762-0829
2005 AVE T, Lubbock, TX 79411

Lubbock Impact (806) 799-4329
2707 34th ST, Lubbock, TX 79410

South Plains Food Bank (806) 763- 3003
5605 M.L.K. Jr BLVD, Lubbock, TX 79404

South Plains Food Bank Farm (806) 748-1424
304 76th ST, Lubbock, TX 79404

Upland Mission (806) 993-3347
1711 Upland Ave, Lubbock, TX 79416

FUNERAL ASSISTANCE – ASISTENCIA FUNERARIA

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

LEGAL AND OTHER ASSISTANCE

Catholic Charities Diocese of Lubbock - Immigration Program
(806) 765-8475
102 AVE J, Lubbock, TX 79401
Immigration

Catholic Charities Immigration and Legal Services - serves Lubbock County
(469) 801-8179
1421 W Mockingbird LN, Dallas, TX 75247
Transportation, Housing, Health Services
<http://www.ccdallas.org>

Catholic Family Service, Inc. (806) 741-0409
102 AVE J, Lubbock, TX 79401
Civil Rights and Immigration
<http://www.lanwt.org>

Family and Youth Success (806) 765-8475
Crisis intervention and counseling, short term counseling for at risk youth and their family's emergency care, youth life skills and parenting classes
http://www.dfps.state.tx.us/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/FAYS.asp

Healthy Outcomes Through Prevention and Early Support
Service provider: Parenting Cottage
(806) 795-7552
Parenting education, family support, home visitation, parent groups, child/ health development screenings, case management, basic needs support, transportation, resource and referrals.

Legal Aid of Northwest Texas: Lubbock Branch Office
(800) 933-4557 or (806) 763-4557
1711 AVE J, Lubbock, TX 79401
Family Laws, Wills, Public benefits, civil matters

Catholic Family Service, Inc. (806) 741-0409
102 AVE J, Lubbock, TX 79401
Civil Rights and Immigration
<http://www.lanwt.org>

Family and Youth Success (806) 765-8475

Crisis intervention and counseling, short term counseling for at risk youth and their family's emergency care, youth life skills and parenting classes

http://www.dfps.state.tx.us/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/FAYS.asp

Healthy Outcomes Through Prevention and Early Support
Service provider: Parenting Cottage (806) 795-7552

Parenting education, family support, home visitation, parent groups, child/ health development screenings, case management, basic needs support, transportation, resource and referrals.

Legal Aid of Northwest Texas: Lubbock Branch Office
1711 AVE J, Lubbock, TX 79401(800) 933-4557 or (806) 763-4557
Family Laws, Wills, Public benefits, civil matters

Mercy Manna (806) 828-3044
145 W Lynn ST, Slaton, TX 79364

West Texas Regional Office (806) 765- 7794
4747 S Loop 289 STE 120, Lubbock, TX 79424

The Dispute Resolution Center (866) 329-352-2916
Main ST, Lubbock, TX 79401f
Consumer, Education, Family and Real Estate

Family Promise of Lubbock, or Interfaith Hospitality
(806) 744-5035
1319 16th ST, Lubbock, TX 79401

Uses volunteers to support low income families, homeless prevention, offer shelter, transitional housing, assistance for single mothers.

<https://www.familypromiselubbock.org/>

Green Lawn Church of Christ (806) 744-5035
5701 19th ST, Lubbock, TX 79407
Food and clothing, even toys for the holidays

HOPE Community of Shalom (806) 762-0829
2005 AVE T, Lubbock, TX 79411
Clothing and furniture

Life Run Center for Independent Living (806) 795-5433
4902 34th ST STE 5, Lubbock, TX 79410
Serves seniors and those who are disabled, can seek vocational programs, housing, home for life, Olmstead vouchers, electric and energy bill assistance

Lutheran Social Services (806) 589-1097 or (806) 741-0459
6501 University AVE STE 504, Lubbock, TX 79413
Health care and emergency assistance, residents who are in need of food hygiene products, utility, and prescription assistance available

South Plains Area Agency on Aging (806) 762-8721
1323 58th ST Lubbock, TX 79452
Social Security Disability

Suicide and Crisis Lifeline 24/7
Call or text: 988 or (888) 628-9454
Deaf, Hard of Hearing, or Hearing Loss Lifeline
<https://988lifeline.org/chat/>

Texas Tech University School of Law Low Income Taxpayer Clinic (806) 742-4312
1802 Hartford AVE, Lubbock, TX 79409

Women's Protective Services (806) 747-6491
PO Box 54089, Lubbock, TX 79453
Domestic Violence and Family

Your Texas Benefits: Medicaid
Phone number: 211 Option 2
Your Texas Benefits - https://yourtexasbenefits.com/Learn/Home?lang=en_US

CHILDCARE - GUARDERÍA

Free Pre-School Locator
Phone numbers:
(806) 894-2207- South Plains Community Action Association
(806) 766-1600 -Lubbock ISD Head Start
(956) 722-5174- Texas Tech University early Head Start
https://freepreschool.us/texas_county/lubbock_tx.html

Texas Nurse- Family Partnership (806) 743-3390
Service provided by Texas Tech University Health Science Center

Free Home visiting for pregnant women or families with children under 2 by a licensed nurse to address issues related to health, self-sufficiency, parenting and stress management

http://www.dfps.state.tx.us/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/TNFP.asp

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=10e7d0cd23f7488aba9b3f5b21272024&locale=es>

City of Wolfforth Library (806) 778-6985
508 E HWY 63/82 Wolfforth, TX 79383
<https://wolfforth.biblionix.com/catalog/>

Frenship ISD
8816 13th ST, Lubbock, TX 79416
<https://www.frenship.net>

Frenship ISD Crestview Elementary (806) 794-3661
6020 81st ST, Lubbock, TX 79424
<http://cv.frenship.net>

Oak Ridge Elementary Frenship ISD (806) 792-5200
6514 68th ST, Lubbock, TX 79424
<http://or.frenship.net/>

HOUSE EXPENSES | GASTOS DEL HOGAR

Catholic Family Charities (806) 765-8475
102 AVE J, Lubbock, TX 79401

General Assistance
Application link:
https://www.lubbockcounty.gov/egov/documents/1614630124_9193.pdf

Lubbock County General Assistance (806) 775-1605
916 Main ST STE 104, Lubbock, TX 79404
Contact must be made by phone
Requirements:
Household must have either a disabled adult in the home, or a minor child
Household must have been without income for at least 30 days.
Head of household must be at least 18 years of age or married,
Household must demonstrate they have resided in Lubbock County no less than 30 days prior to applying for assistance.
Customer must present valid picture ID for all adults residing in the home.

Neighborhood House (806) 589- 1907
6501 University AVE STE 504, Lubbock, TX 79413
Requirements: Customer must fall below 150% of federal poverty guidelines.
The customer is required to provide, as part of the application process, all household income.
Driver's License and ID cards must be presented for all adults in the home.
Customers must present birth certificates for all household members.
Customers must provide copies of the bills from which they are requesting relief

Salvation Army (806) 765-9434
1111 16th ST, Lubbock, TX 79401

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/>

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

Veterans Resource Coordination Group (VetStar) (806) 470-9317
Veterans only
3804 I-27 Frontage RD, Lubbock, TX 79412