



REDUCE THE RISK

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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

Amarillo Pharmacy (806) 803-9401
6010 S Western ST STE 100, Amarillo, TX 79110

Amigos Pharmacy (806) 373- 8722
3300 East Interstate 40, Amarillo, TX 79103

Catching's Prescriptions LTD (806) 355- 2924
1900 S Coulter ST STE F, Amarillo, TX 79106

CVS (806) 953-2387
100 N Dumas AVE, Dumas, TX 79029

Dr. Purl's Fast Care Bilingual Services Available (806) 948-1459
1524 Guy Lane Plaza, Dumas, TX 79029
<http://drpurlfastcare.com/>

Dr. Purl Bilingual Services Available (806)-948-1459
110 E 4th Street, Sunray, TX 79086

Dr. Opara Bilingual Services Available (806)-935-4686
222 S Bliss, Dumas, TX 79029

Health & Human Services Department (806) 934-5186
801 S Bliss #107, Dumas, TX 79029

LHD Amarillo DOH (806) 378-6300
1000 Martin RD, Amarillo, TX 79107

Market Street Pharmacy (806) 355-2924
2530 S Georgia ST, Amarillo, TX 79109

Memorial Hospital (806)-935-7171
Moore County Hospital District) Bilingual Services Available
224 E 2nd St, Dumas, TX 79029

Martin Tipton Pharmacy LLC (806) 373-2812
1501 S Tyler ST, Amarillo, TX 79101

Moore County Family Health Clinic (806) 935-1900
110 South Bliss AVE, Dumas, TX 79029
<https://moorecountyclinic.com/>

Sam's Club (806) 513-6495
8952 Westgate PKWY W, Amarillo, TX 79121

Texas Tech Family Medicine (806) 414-9559
1400 Coulter ST, Amarillo, TX 79106

United Pharmacy

1414 W Wilson ST, Borger, TX 79007 3400 River RD, Amarillo, TX 79107
(806) 273-6427 (806) 383-3345

1420 N Hobart ST, Pampa, TX 79065 1501 E Amarillo BLVD, Amarillo, TX 79107
(806) 665-7642 (806) 373-7057

3552 S Soncy RD, Amarillo, TX 79119 5601 W Amarillo BLVD, Amarillo, TX 79106
(806) 467-6815 (806) 352-6650

4701 S Washington ST, Amarillo, TX 79110
(806) 373-3341

Valmed Pharmacy Solutions INC (806) 350-6337
3 Care CIR #300, Amarillo, TX 79124

Walgreens
801 N Filmore ST, Amarillo, TX 79107 5709 W Amarillo BLVD, Amarillo, TX 79106
(806) 371-8116 (806) 355-7209

1600 S Western ST, Amarillo, TX 79106 2601 S Georgia ST, Amarillo, TX 79109
(806) 463-3067 (806) 468-8616

2205 E 34th AVE, Amarillo, TX 79103 3320 Bell ST, Amarillo, TX 79106
(806) 373-1452 (806) 468-6150

4504 S Western ST, Amarillo, TX 79109
(806) 353-137

Walmart
2003 S Dumas AVE, Dumas, TX 79029 1501 Roosevelt ST, Borger, TX 79007
(806) 935- 9075 (806) 274-7257

5730 W Amarillo BLVD, Amarillo, TX 79106 2801 Charles ST, Pampa, TX 79065
(806) 354-9454 (806) 665-0727

3700 E I-40, Amarillo, TX 79103 2035 E 34th AVE, Amarillo, TX 79103
(806) 342- 3030 (806) 513-6390

4215 Canyon DR, Amarillo, TX 79110
(806) 352-6360

The Wealth Health Center Bilingual Services Available (806) 934-5755
200 Palo Duro DR, Cactus, TX 79013
<https://www.thewellhealthcenter.org/>

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

FOOD PANTRY & MEAL SERVICES - DESPENSAS Y COMIDAS

Cactus Nazarene Ministry Center (806) 421-0160
Bilingual Services Available
200 Palo Duro DR, Cactus, TX 79013

Meals on Wheels (806) 935-7555 & (806) 922-5155
616 E 1st ST, Dumas, TX 79029

Panhandle Community Services (806)-935-5551
Bilingual Services Available
801 S Bliss Ave #107, Dumas, TX 79029
pcsvcs.org

The Refuge (806)-935-5551
1009 S Maddox AVE, Dumas, TX 79029
On Wednesdays Only

St. Peter and Paul Catholic Church (806)-935-5002 *Bring ID
900 Bruce Ave, Dumas, TX 79029

WIC (Cactus) (806) 527-1109
403 Sherri AVE, Cactus, TX 79013

WIC (Dumas) (866)-907-0080 or (806)-935-4494
205 N Dumas AVE STE B, Dumas, TX 79029

FUNERAL ASSISTANCE – ASISTENCIA FUNERARIA

CBA Covid-19 Burial Project -URNS and plots (404) 507-6310
Apply online <http://childrensburial.org/about/apply/>

Covid-19 Funeral Assistance - FEMA ((844) 684- 6333 to apply
<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance-English>
<https://www.fema.gov/es/disaster/coronavirus/funeral-assistance-Spanish>

LEGAL AND OTHER ASSISTANCE

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

CareNet (806) 282-4854
214 E 5th ST, Dumas, TX 79029
<https://dumas-pregnancy.com/>

Legal Aid of Northwest Texas: Amarillo Branch Office - serves Moore County
(806) 373-6808 & (800) 955-6808
203 SW 8th AVE STE 600, Amarillo, TX 79101
<http://www.lanwt.org>

Family and Youth Success (806) 337-1000
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

Financial Assistance for Military Families by American Red Cross
(877) 272-7337
<https://www.redcross.org/get-help/military-families/financial-assistance.html>

Safe Place INC Bilingual Services Available (806) 935- 7685
306 W 7th ST, Dumas, TX 79029
Spanish Line - 1-800-799-7233
<https://www.safeplaceinc.org/>
Domestic violence, sexual assault

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/>

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/>

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

CHILDCARE - GUARDERÍA

Cecy's Daycare (806) 934-5572
1224 S Maddox AVE, Dumas, TX 79029
https://childcarecenter.us/provider_detail/cecys_daycare_dumas_tx

Discovery Center (806) 935-6219
310 E 1st ST, Dumas, TX 79029
https://childcarecenter.us/provider_detail/84083_dumas_discovery_center_dumas_tx

Miss Emily's Kids Day Childcare (806) 290-5733
502 E 7th ST, Dumas, TX 79029
<http://www.missemyskids.com/>

CHILDCARE - GUARDERÍA

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

Workforce Solutions: Panhandle
<https://wspanhandle.com/child-care/for-parents/>

Cecy's Daycare (806) 934-5572
1224 S Maddox AVE, Dumas, TX 79029
https://childcarecenter.us/provider_detail/cecys_daycare_dumas_tx

MENTAL HEALTH - SALUD MENTAL

Dumas Counseling (806)-930-0548
Roberta Godsey, MA; LPC
611 E 1st St, Dumas, TX 79029

https://panhandle.tx.networkofcare.org/mh/services/agency.aspx?pid=dumascounselingcenter_2_1750_1

WINTER CLOTHING - ROPA DE INVIERNO

This n That Thrift Shop (806) 935-758
618 S Birge Ave, Dumas TX 79029

TEMPORARY HOUSING | ALOJAMIENTO TEMPORAL

Safe Place Inc. (806)-935-7585
306 W 7th St., Dumas.
Hours: 9am-5pm
Temporary housing for domestic violence victims

The Refuge (806)-934-4673
1009 S Maddox AVE, Dumas, TX 79029
Primarily those with drug or alcohol addiction, disabled veterans, and homeless

TRANSPORTATION | TRANSPORTE

Panhandle Transit Dumas (806) 935-5551
801 S Bliss AVE STE 101B, Dumas, TX 79029

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>

Britain Memorial Library (806) 948-5501
118 E 5th ST, Sunray, TX 79086

Hansford County Library (806) 659-2231
844-684-6333 Call to apply
122 Main, Spearman, TX 79081

Kilgore Memorial Library (806) 935-4941
124 S Bliss AVE, Dumas, TX 79029
www.mocolib.net

Sherman County Public Library (806) 366-2200
719 N Main ST, Stratford, TX 79084
<https://harringtonlc.org/sherman/>

HOUSE EXPENSES | GASTOS DEL HOGAR

Panhandle Community Services Bilingual Services Available
(806) 935-5551
801 S Bliss AVE #107, Dumas, TX 79029

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

United Way of Moore County (806) 935- 2571
624 E 7th ST STE G, Dumas, TX 79029

EMPLOYMENT TRAINING/ INFORMATION | FORMACIÓN PARA EL EMPLEO/INFORMACIÓN

Panhandle Independent Living Center
417 SW 10th AVE, Amarillo, TX 79101
(800) 585-6768 & (806) 347-1400

Amarillo College Moore County Campus (806) 379-2726
115 Success BLVD, Dumas, TX 79029
Students only
<https://www.actx.edu/moore/mcc-sss-career-assessments>