



## 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.

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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

BiWize Pharmacy (806) 250-2270  
902 N Main ST, Friona, TX 79035

K K Pharmacy (806) 392-1300  
1411 W American BLVD, Muleshoe, TX 79347

Roosevelt General Hospital (575) 356-3445  
42121 Us-70, Portales, NM 88130

United Pharmacy (806) 272- 3169  
104 W 9th ST, Muleshoe, TX 79347

## FUNERAL ASSISTANCE – ASISTENCIA FUNERARIA

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 Parmer 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 (LANWT) - Serves Parmer County  
(800) 955- 8491  
305 W 7thh ST, Plainview, TX 79072  
<http://www.lanwt.org>

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](https://yourtexasbenefits.com/Learn/Home?lang=en_US)

## CHILDCARE - GUARDERÍA

Farwell Elementary - Region 16 Education Service Center Free Pre-k (806)  
677-5300  
(806) 481-9131  
602 AVE G S, Farwell, TX 79325  
[https://childcarecenter.us/provider\\_detail/cecys\\_daycare\\_dumas\\_tx](https://childcarecenter.us/provider_detail/cecys_daycare_dumas_tx)

Friona Primary School - Region 16 Education Service Center Free Pre-k (806)  
677-5300  
(806) 250-3935  
804 Euclid AVE, Friona, TX 79035  
[https://childcarecenter.us/provider\\_detail/84083\\_dumas\\_discovery\\_center\\_dumas\\_tx](https://childcarecenter.us/provider_detail/84083_dumas_discovery_center_dumas_tx)

Ridgelea Elementary - Region 16 Education Service Center- Free Pre-k (806)  
677-5300  
1000 TX -86, Bovina, TX 79009

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](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/>

## 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>

Friona Public Library (806) 250-3200  
109 W 7th, Friona, TX 79005  
<https://www.frionalibrary.org/>

## HOME ASSISTANCE- ASISTENCIA DOMICILIARIA

Panhandle Community Services  
Friona Office located at 104 W. 7th, Friona, TX 79035

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